

MURRELS
TWO BOOKES
OF
COOKERIE
AND
CARVING.

The seventh time printed, with
new additions.

LONDON,
Printed by *J. A. Fl.* for *Rich. Marriot*,
and are to be sold at his shop in St.
Dunstons Church-yard. 1650.

Jos: Banks

A NEW BOOK OF COOKERIE.

Wherein is set forth a most perfect direction to furnish an extraordinary, or ordinary Feast, either in
Summer or Winter.

Also a Bill of Fare for Fish-days
Fasting-daies, Ember-weeks, or Lent.

And likewise the most commendable fashion of Dressing, or Sowing, either
Flesh, Fish, or Fowle: for making
of Gellies, and other Made-dishes for
service, to beautifie either Noble-
mans or Gentlemans Table.

Together with the best and newest Art
of *Carving and Sewing.*

All set forth according to the now new
English and French fashion:

By JOHN MURRELL:

Jos: Banks



TO
THE VERTUOUS
and well accomplished

Gentlewoman M^{rs} *Martha*

Hayes (Daughter to the hono-
rable S^r *Thomas Hayes* Knight,
late Lord Maior of the City
of *London* :) health and
happinesse.



F this Name and Na-
ture (worthy Gentle-
woman) many smal
Books and *Pamphlets*
have heretofore been publish-
ed, the most of which never-
thelesse have instructed rather
how to marre then make good
Meate: but this (in credit of

A 3 my

The Epistle Dedicatory.

my knowledge, and strict observation in Travell) is experimentally such as it pretends to be in the Title Page thereof. Whereof I can say but this, and this it will perform for the say-er, That it gives each Meate his right for the manner of dressing; Each dish his due, for the order of serving: and both good prooffe of my desire to please and profit in the publishing. So referring it to your worthy perusall, and my self to your favourable opinion, I ever remaine,

London,
July 20.
1630.

Yours no lesse humbly
then truly devoted.

JOHN MURREL



**The first Booke of
Cookery.**

By reason of the generall ignorance of most men in this practise of Catering, I have set downe here a perfect direction how to set forth an extraordinary Dyet for the Summer season. when these things mentioned may easily be had. It serveth also for a Direction for a Bill of fare: and also for a perfect direction for the serving of dinner orderly, twenty Dishes to your first Messe, and as many to the second Course to the same Messe, and ten to the third Course: so that in all you have fifty dishes to your Messe. For the boords end you may leave out some of the costliest dishes: If you have ten or twelve for the boords end it is sufficient. If you cannot come by all these things named, then you may place some other thing at your discretion in the place, so that it be not grosse meate, for grosse meat disgraceth the Feast.

Also, another Direction for another service for the Winter season, of twenty Dishes to the first Messe, and as many to the second Course to the same messe: so that in all there be forty Dishes to the messe although it be contrary to the other service of the Summer season. And you may take of these meates half so many to the boords end, and it will be sufficient both for the first and the second: but if your persons be of equall dignitie, then serve your first Messe, and the boords end, all as one alike equally.

A third Direction for a common ordinary service of ten or twelve dishes to a messe, to your first messe, & as many to the second Course to the same messe, so that in all there will be twenty dishes to your messe: but to your boords end five or eight, according as your boord will hold. If any of these meates named be wanting, then you may place some other that you have ready at hand,

These Directions serve both for a Bill of fare, and to serve out your meat in good order: it is also a direction to young practitioners which understand not these businesses.

A Bill of service for an extraordinary Feast for Summer season, 50, dishes to a Messe.

- 1 A Grand Sallet
- 2 A boyld Capon
- 3 A boyld Pike
- 4 A dish of boyld Phea-chickens, or Partridges, or young Turkey Chicks
- 5 A boyld Breame
- 6 A dish of young Wild-ducks
- 7 A dish of boyld Quailles
- 8 A Florentine of pul-paste
- 9 A forc'd boyld meat
- 10 A hanth of Ventison roasted
- 11 A Lombard Pye
- 12 A Swan
- 13 A Fawne or Kid, with a pudding in his belly, or for want of a Fawne you may take a Pigge and fley it.
- 14 A Pasty of Ventison
- 15 A Mustard
- 16 A Chicken Pye
- 17 A Pheasant or Pouteres
- 18 A Potato Pye
- 19 A Couple of Caponets
- 20 A set Custard

The second Course.

- 1 **A** Quarter of a kid.
- 2 **A** boyld Carpe.
- 3 **A** Heron oz Bitter.
- 4 **A** Congers head boyled, oz Trout.
- 5 **A** Partichoake pie.
- 6 **A** dish of Ruffs oz Godwits.
- 7 **A** cold bakt meate.
- 8 **A** sowt pigge.
- 9 **A** Gull.
- 10 **A** cold bak't meat.
- 11 **A** sowt pike, Breame, oz Carp.
- 12 **A** dish of partridges.
- 13 **An** Ouzengado ppe.
- 14 **A** dish of Quailles.
- 15 **A** cold bak't meate.
- 16 **A** fresh Salmon, pearch oz Pullet.
- 17 **A** Quodling Tart, Cherry oz Goose-
bery Tart.
- 18 **A** dyed Peates tongue.
- 19 **A** Sole of Sturgeon.
- 20 **A** sacket Tart of putpasse.

The

The third course for the same
Messe.

- 1 **A** Dish of Petwets
- 2 **A** Dish of Pearches
- 3 **A** dish of green Pease, if they be dainty
- 4 **A** Dish of Dotrels
- 5 **A** dish of Partichoakes
- 6 **A** dish of buttered Crabs
- 7 **A** dish of Bialones
- 8 **A** dish of Lobsters
- 9 **A** dish of Anchoves
- 10 **A** dish of pickled Oysters.

Another direction for a Bill of fare for
Winter season, and also serveth to set
forth your meat in order.

- 1 **A** Shield oz Collar of Bialone
- 2 **A** Sallet
- 3 **A** boyled Capon
- 4 **A** boyled Garnet
- 5 **A** boyled Gallard
- 6 **A** sowt boyled meate
- 7 **A** roasted Peates-tongue with a pud-
ding in it
- 8 **A** made dish of putpasse

- 9 A Shoulder of Mutton with Olives
and Capers
- 10 A Chine of Beeffe
- 11 A dish of Chewets of Meale
- 12 A Swan or Goose
- 13 An Olive-Pye
- 14 A Pigge
- 15 A Lozne of Meale or a Legge of Mut-
ton
- 16 A Larke or a Sparrow-pye
- 17 A Turkey
- 18 A Pastie of Wentson
- 19 A Capon
- 20 A Colliard

The second course for the
some messe.

- 1 A Young Lamb or Kid
- 2 A couple of Rabbits
- 3 A Kickshaw fryde or bak'd
- 4 A roasted Mallard
- 5 A brace of Partridges
- 6 A Chicken-Pye
- 7 A brace of Woodcocks
- 8 A couple of Teales
- 9 A cold bak'd meate
- 10 A dish of Plovers

- 11 A dish of Snites
- 12 A cold bak'd meat
- 13 A dish of Larkes
- 14 A Quinte, or Warden-Pye
- 15 A dyde Peates-tongue
- 16 An Oyster-Pye
- 17 A dish of Pusses
- 18 A Sole of Sturgeon
- 19 A laid Tart, of put-passe and lucket
- 20 A dish of pickled Oysters.

The first Course for a small common
Service of Meate, to direct them which
are unperfect to bring them to
further knowledge of
greater Service.

- 1 A Boyld Capon or Chicken
- 2 A Legge of Lambe farr'd of the
French fashion, or neates-tongue
- 3 A boyld Mallard or Rabbit
- 4 A dish of boild Olives of Meale, or
Collops and Egges
- 5 A piece of roast Beeffe
- 6 A dish of Chewets of Meale, or Mutton-
pyes, if it be Winter, but if it bee
summer an Olive-pye

- 7 A legge of Mutton roasted whole, or a
Lorne of Meale, or both
- 8 A pigge
- 9 A Swan, Goose, or Turkey
- 10 A pasty of Venison, or a forequarter of
Mutton, or a fat rumpe of Beefe
- 11 A Capon, pheasant, or Hearnse
- 12 A Custard.

A second Course to the same
dyer.

- 1 A Quarter of Lambe
- 2 A couple of Rabbits
- 3 A Mallard, Teale, or Widgeon
- 4 A brace of partridges or Woodcocks
- 5 A Chicken or pigeon-pye
- 6 A dish of plovers or Snittes
- 7 A couple of Chickens
- 8 A Warden or Nuttance-pie
- 9 A sowt pig or Capon
- 10 A Cherrie or a Gooseberrie Tart, or a
Quarter-Tart of pippins
- 11 A dish of some kind of sowt-fish
- 12 Lobsters or pickled Oysters.

A

A Table of Direction for a Bill of
fare for fish-daies, and Fasting dayes,
Ember-weekes, or Lent.

The first Course for the same dyet.

- 1 A Dish of Butter
- 2 A Rice Milke
- 3 Buttered Egges
- 4 Stew'd Oysters
- 5 A boyled Rochet or Garnet
- 6 A boyld Sallet of Herbs, or of Car-
rets
- 7 A boyld pike
- 8 Buttered Loaves
- 9 Chebets of Ling or Stockfish
- 10 Another Sallet
- 11 Stew'd Trouts, or Smelts
- 12 A dish of buttered Stockfish
- 13 Salt Cele, or white-herring
- 14 A Sole of Ling
- 15 A Skirret-pye
- 16 Buttered Flounders or plaice
- 17 An Cele or Carpe-pye
- 18 Haddocke, Fresh-Cod, or Whiting
- 19 Salt Salmon
- 20 A Custard

The

The second Course for this dyet.

- 1 **A** Worlde Carpe
- 2 Spitchcockes of Celes
- 3 Fride Stockfish
- 4 Worlde Celes
- 5 Bakte Puffes
- 6 A roasted Cele
- 7 Buttered Parsnips
- 8 Fride Oysters
- 9 Blancht Pancchet in a Fryingpan
- 10 A fride Rochet
- 11 An Oyster-pye
- 12 Fride Smelts
- 13 A Pippin-pye
- 14 Fride Flounders
- 15 Butterd Crabs
- 16 Fride Skirrets
- 17 A Tart of Spinage or of Carrets
- 18 Conger
- 19 Lobstar or Prawnes
- 20 Pickled Oysters.

If your Hesse be halfe so much for the boords end, it will bee enough both for the first and second course.



To boyle a Capon Larded with
Lemmons on the French
fashion,

Scald your Capon, and take a little dustie Datmeale to make it boyle white. Then take two or three ladlesfull of Mutton broth, a fagot of sweet Hearbs, two or three Dates, cut in long peeces, a few parboyled Currans, a little whole Pepper, a Pece of whole Mace, and one Nutmeg. Chicken it with Almonds. Season it with Merjayce, Sugar, and a little sweet Butter. Then take up your Capon, and larde it very thicke with a preserved Lemmon. Then lay your Capon in a deep Meat-dish for boyled meates, and powre the broth upon it. Garnish your dish with Suckets and preserved Barberries.

To sowce a Pigge.

Scald a large Pigge, cut off his head and slit him in the middelt, and take

out his bones, and wash him in two or three warme waters. Then collar him up like bratwne, and sow the collars in a faire cloath. Then boyle them very tender in the faire water, then take them up and throw them in faire water and salt untill they be cold, for that will make the skynne white. Then take a pottle of the same water that the Pigge was boyled in, and a Pottle of White-wine, a race of Ginger sliced, a couple of Nutmegs quartered, a spoonfull of whole Pepper, five or six Bay-leaves: seethe all this together: when it is cold, put your Pigge into the sowce-drinke, so you may keep it halfe a yeare, but spend the head.

To sowce Oysters.

TAke out the meat of the greatest Oysters: save the liquoz that cometh from them, and straine it into an earthen Pipkin: put into it halfe a pinte of white-wine, and halfe a pinte of White-wine Vinegar: put in some whole Pepper, and sliced Ginger. Boyle all these together with two or three Cloaves, when it hath boyled a little, put in your Oysters, & let them boyle two or three walmes, but not too

too

too much. Then take them up, and let the sirrap stand untill it be cold: then put in your Oysters, and so you may keepe them all the year.

To sowce a Pike, Carpe, or Breame.

DRAIN your Fish, but scale it not: save the Liver and the refuse of it, slit the said refuse, and wash it. Then take a pottle of faire water, and a quart of White-wine, and a faggot of sweet hearbes: so soon as you see your wine boyle, throw in your Fish with the scales on, and when you see your Fish boyle, poure in a little Vinegar, and it will make your Fish crisp. Then take up your Fish, and put it in a Tray. Then put into the liquoz some whole pepper, a little whole Ginger, and when it is boyled together well with a little Salt, and cold, put in your Fish into an earthen panne: when you serbe it in, serbe Gelly in Sawcers, with a little fine Ginger about the Sawcers sides, and Fennell on your Fish.

B 2

To

To boyle Flounders or Gudgeons on the French fashion.

Boyle a pinte of White-Wine, and a pinte of faire Water, a few sweet Hearbes, tops of Tyme. sweet Marjoram, winter Savory, tops of Rosemary, a peece of whole Mace, a little Parsly pickt small: when all is boyled well together, put in your Fish, and scum it well. Then put in a little crust of Manchet, a quarter of a pound of sweet Butter. Season it with Pepper, and Verjuice, and so serve it in.

To boyle a Gurnet on the French fashion.

Draw your Gurnet, & wash it clean, boyle it in water and salt, with a fagot of sweet Hearbs: then take it up, and powze upon it Verjuice, Nutmeg, Butter, & Pepper: thicken it with the yolkes of two new layd Egges. All this being powzed upon your Fish, garnish your dish with preserved Barberries, or a sliced Orange,

To

To boyle a Legge of Mutton on the French fashion.

Cut out all the meat at the But end, cleaving the bone still in. Mince it small with Beefe Suet, and Marrow. Then take sweet Creame, yolks of Eggs, a few Raisins of the Sunne, two or three Dates minced, a little grated Bread. Season it with Pepper, Salt, and Nutmegge: then worke it stiffe, like a Pudding, and cram it in againe. Then stue it in a Pot with a Marrow bone, and a knuckle of Veale: serve the Legge by it selfe, and your knuckle in stued broth and your Marrow-bones upon Brags, with Carrets, and Pepper.

To hash a Legge of Mutton on the French fashion.

Parboile your Legge, and take it up, & pare off some thin slices & pick your Legge through, and let out the graine on the slices: then bruise sweet Hearbs with the back of a Ladle, and put in a peece of sweet Butter: Season it with Verjuice & Pepper: and when your Mutton is boyled, pour it on it, & serve it so to the Table.

B 3

To

To roast a legge of Mutton, on the French fashion.

PAre all the skinn as thin as you can, Lard it with sweet Lard, and sticke about it a dozen Cloaves: when it is half roasted, cut off thye or foure thin peeces, & mince it small with a few sweet hearbs and a little beaten Ginger: put in a ladlefull of Claret-wine, a piece of sweet Butter, two or three spoonefuls of verjuyce, a little Pepper, a few parboyled Capers: when all this is boyled together, chop the yolk of an hard Egge into it. When dydge your Legge, and serue it upon sawce.

To roast a neates tongue on the French fashion.

Chop sweet hearbes fine, with a piece of a raw Apple, season it with Pepper, Ginger, and the yolk of a new laid Egge chopt small to mingle amongst it: then stiffe it well with that farcing, and so roast it. The sawce for it is Verjuyce, Butter, and the juyce of a Lemmon, & a little Nutmegge. Let the tongue lye in the sawce when it goeth to the Table.

Garnish

Garnish your Dish as you thinke fittest, or as you are furnished.

To boyle Pigeons with Rice on the French fashion.

Fill them to boyle, and put into their bellies sweet Hearbs, viz. Parsley, tops of yong Tym: & then put the into a Pipkin, with as much Mutton broth as will cover them, a piece of whole Pace, a little whole Pepper: boyle all these together untill your Pigeons bee tender. Then take them off the fire, and scum off the fat cleane from the broth, with a spoone, for otherwise it will make it to taste ranke. Put in a piece of sweet Butter: season it with Verjuyce, Nutmeg, and a little Sugar, thicken it with Rye boyled in sweet Creame. Garnish your Dish with preserved Barberies & Skirret roots, being boyled with Verjuyce and Butter.

To boyle a Rabbet with Hearbs on the French fashion,

Fill your Rabbet for the boyling, and seethe it with a little Mutton broth, White-wine and a piece of whole Pace:

B 4

then

then take Lettuce, Spinage, Parsley, Winter Savory, sweet Marjoram: all these being pickt. and washt clean, bruise them with the back of a Ladle (for the bruising of the hearbs wil make the broth looke very pleasantly greene.) Thicken it with a crust of manchet, being steeped in some of the broth, and a little sweet Butter therein. Season it with Merjoyce, and Pepper, and serve it to the Table upon Sippets. Garnish your dish with Barberries.

To boyle Chickens in white broth.

TRuse your Chickens fit to boyle, as was before shewed in the Rabbits, cut two or three Dates in small peeces: take a peece of whole Mace: thicken your broth with Almonds: Season it with Merjoyce, and a little Pepper. Garnish your dish sides with sweet Sucket and sugar, after you have seasoned your broth. In like sort you may boyle a Capon, but then you must put Marrow into your White broth. If you dislike Mutton-broth, then boyle it by it selfe in faire water till it turne as white as a Curd. But the

the French men follow the other way, and it is the better.

To boyle a Teale or Wigeon on the French fashion.

PArboyle either of these Fowles, and throw them in a Pail of faire water (for that taketh away the rancknesse of the flesh.) Then roast them halfe, and take them off the fire, & put sweet Hearbs in the bellies of them: lase them downe the breast, and sticke them with two or three whole Clobs in the breast with your knife in every one of them so many. Then put them in a pipkin, with two or three ladefuls of strong Mutton-broth, a peece of whole Mace, two or three little Onions minst small. Thicken it with a toast of household bread: put in a peece of sweet butter as big as a Walnut: Season it with Pepper and Merjoyce.

To fnoore an old Coney, Ducke, or Mallard on the French fashion.

PArbottle any of these and halfe roast it, lanch them downe the breast with your knife, and sticke them with two or three

three Cloves, When put them into a pipkin with halfe a pound of sweet Butter, a little White-wine, Meriuyce, a peece of whole Mace, a little beaten Ginger, and Pepper. When mince two Onions very small, with a peece of an Apple, so let them boyle softly, close covered, the space of two houres, turning them now and then. Serue them in upon Sippets.

Another way to boyle Chickens, or
Pigeons with Gooseberries
or Grapes,

Boyle them with Mutton-Broth, and White-wine, a peece of whole Mace, put into the bellies of them sweet Herbs: when they be tender, thicken it with a peece of Manchet and two hard egg yolks strained with some of the same broth. Then put some of the same broth into a boyled-meat dish, with Meriuyce, Butter, and Sugar, and so boyle your Grapes or Gooseberries in the dish close covered, till they be tender, & poure it on the breast of your dish.

To

To boyle a Chine of Mutton or Veale,
in sharp broth, on the French
fashion.

Cover your meate with faire water and a little White-wine, a peece of whole Mace, a Nutmeg quartered, a handfull of Herbs cleane pickt, and bruised with the back of a Ladle, young Lettice, Spinage, Parsley, tops of young Wyme: when all is boyled well together, thicken it with a crust of Manchet, and the yolke of a hard Eg, steeped in some of the same broth, and draw it through a strainer, and thicken your broth with it. Season it with a little Meriuyce and Pepper.

To boyle Larks or Spar-
rowes.

Truste them fit to boyle, and put them into a Pipkin with a Ladlesfull of Mutton-broth, a peece of whole Mace, a quarter of a Nutmegge, a sagot of sweet Herbs, and a little young Parsley pickt cleane and thoyt: put your Parsley loose into your broth: season it with Meriuyce, Pepper and Sugar. Thicken it with the yolkes of two new laid Egges hard, & a
peece

Peere of manchet, strained with some of the same broth, till they be tender. Garnish your dish as you will.



Baked-meates.

A made dish of Coney Livers.

Parboyle three or foure of them, and then chop them fine with sweet Hearbes, the yolks of two hard Eggs, Season it with Cinamon, Ginger, and Nutmeg, and Pepper: put in a few parboyled Currans, and a little melted butter, and so make it up into little pastyes, frye them in a Fryngpan, shake on Sugar, and serbe them to the boord.

A made dish of Sweet-bread.

Put into it a few parboyled Currans, a mince Date, the yolkes of two new laid Egges, a peece of Manchet grated fine. Season

Season it with a little pepper, Salt, Nutmeg, and Sugar, wryng in the ioyce of an Orange or Lemmon, and put it betweene two sheets of puff-paste, or any other good paste, and either bake it, or fry it, whether you please.

A made dish of Sheepes tongues.

Boyle them tender, and slice them in thin slices: then season them with Cinamon, Ginger, and a little Pepper, and put them into a Coffin of fine Paste, with sweet Butter, and a few sweet Hearbes chopt fine. Bake them in an Oven. Then take a little Nutmeg, Vinegar, Butter, Sugar, the yolk of a new layd Egge, one spoonfull of Sacke, & the ioyce of a Lemmon: boyle all these together on a chafing-dish of Coales, and put it into your Pye: hog it well together, and serbe it to the Table.

A Florentine of a Coney, the wing of a Capon, or the Kidney of Veale.

Mince any of these with sweet Hearbs, parboyled Currans, a Date or two mince small, a peece of a preserved Orange or Lemmon, mince as small
as

as your Date. Season it with Ginger, Cinamon, Nutmeg, & Sugar : then take the yolkes of two new laid Egges, a spoonesfull of sweet Cresme, a peece of a short Cake grated and marrow cut in short peeces. Bake this in a dish betweene two leaves of puff-paste, put a little Rose-water to it before you close your paste. When it is baked, shave on Sugar.

A Fridayes Pye, without either Flesh or Fish.

Wash greene Beets cleane, picke out the middle string, and chop them small with two or three well relisht ripe Apples. Season it with Pepper, Salt and Ginger : then take a good handfull of Raisins of the Sunne, and put them all in a Coffin of fine Paste, with a peece of sweet Butter, and so bake it : but before you serbe it in, cut it up, and wzing in the iuice of an Orange and Sugar.

A Chewet of Stockfish.

Boyle watered Stockfish, and make it fit to be eaten : when it is cold take the whitest of the fish and mince it small : put in parboyled Carrans, Raisins of the Sunne,

Sunne. Season it with Nutmeg, Pepper, Salt, and a peece of sweet Butter. Bake it, but before you serbe it in, cut it up, and wzing in the iuice of an Orange.

A Quarter-Tart of Pippins.

Quarter them and lay them between two sheets of Paste : put in a peece of whole Cinamon, two or three bruised Cloves, a little sliced Ginger, Orngado, or only the yellow outside of the Orange, a bit of sweet Butter about the bignesse of an Egge, good store of Sugar : sprinkle on a little Rose-water. Then close your Tart, and bake it : Ice it before it goe to the boord, serbe it hot. This Tart you may make of any puff-paste, or short paste that will not hold the raising. If you bake in any of these kindes of pastes, then you must first boyle your Pippins in Claret-wine and Sugar, or else your Apples will be hard when your Crust will be burnt & dyed away. Besides the wine giueth them a pleasant Colour, and a good taste also. Though you boile your Pippins tender, take heed you breake not the quarters, but bake them whole.

A

A Gooseberry Tart.

Pick the stalkes of your Gooseberries, and the pips in the tops: put them in good Paste, with a little Greene Ginger sliced in slices: cast on good store of Sugar and Rosewater, and so close them.

A Cherry Pye.

Raife a pound of Cherries, and stamp them, and boyle the sirrap with Sugar. Then take the stones out of two pound: bake them in a set Coffin: Ice them, and serbe them hot in to the boord.

To make an Oyster Pye.

Save the liquor of your largest Oysters, season them with Pepper and Ginger, and put them into a Coffin: put in a minst Onion, a few Carrans, and a good peece of Batter. Then poure in your sirrap and close it. When it is bak't, cut up the Pye, and put in a spoonesfull of Vinegar and melted Batter: shake it well together, and set it again into the Oven a little while: then take it out, & serbe it in.

A

A made dish of Muscles and Cockles.

Parboyle them and take out the meat, and wash them very cleane in the water they were boyled in, & a little white-wine: mince them small with two or three yolkes of new-laid Egges. Season it with Pepper, Salt, and a little Nutmeg: then wring in the juyce of an Orange, and put them betweene two sheetes of Paste, Cake it, Ice it, and use it: you may also fry them.

To bake Neates tongues to be earen hot.

Boyle it tender, and pill off the skin, take the flesh out at the Batt-end: mince it small with Dre-suet, and Parrotow. Season it with Pepper, Salt, Nutmegge, parboyled Carrans, and a minced Date cut in peeces. Take the yolkes of two new-laid Egges, and a spoonesfull of sweet Cream, worke all together with a silver spoone in a Dish, with a little powder of a dyed Orange pill: sprinkle a little Her juyce ober it, and cast on some Sugar. Then thrust it in againe as hard as you can cram it. Bake it on a dish

C

in

in the Oven: baste it with sweet Butter, that it may not bake dry on the outside: when it is to be eaten, sawce it with Vinegar and Butter, Nutmeg, Sugar and the iuyce of an Orange.

A delicate Chewer.

Parboyle a peece of a Leg of Meele, and being cold, mince it with Beefe suet, and Marrow, and an Apple, or a couple of Wardens: when you have minst it fine, put a few parboyled Currans, five Dates minst, a peece of preserved Orange: pill minst, Marrow cut in little square peeces: Season all this with Pepper, Salt, Nutmeg, and a little Sugar: then put it into your Coffins, and so bake it. Before you close your Pye, sprinkle on a little Rose-water, and when they are baked have on a little Sugar, and so serbe it to the table.

To make an Umble Pye, or for want of Umbles to doe it with a Lambes head and Purtnance.

Boyle your meat reasonable tender, take the flesh from the bone, & mince it small with Beefe-suet and Marrow, with

with the Liver, Lights, and Heart, a few sweet Hearbes and Corrans. Season it with Pepper, Salt, and Nutmeg: bake it in a Coffin raised like an Umble pye, and it will eat so like unto Umbles, as that you shall hardly by taste discerns it from right Umbles.

To bake a Calves Chaldron.

Parboyle it, and coole it, and pick out the kernels, and cut it in small peeces: then season it with Pepper, Salt, & Nutmeg: put in a few sweet Hearbs chopt, a peece of sweet butter, sprinkle it with ber-iuyce, and so close it. When you serbe it in, put to it a little of a candle, made with Nutmeg, Vinegar, Butter, Sugar, and the yolks of two new laid Eggs, a spoonefull of Sack, and the iuyce of an Orange.

To bake a Carpe.

Scald, wash and draw a sayle large Carpe: season it with Pepper, Salt, and Nutmeg, and put it in a Coffin with good store of sweet Butter: cast on great Raisins of the Sunne, the iuyce of two Oranges, put your Butter uppermost, & keeps

keepe the rest moist : sprinckle on a little Vinegar before you close it, and so bake it.

To bake a Tench with a Pudding
in her belly.

Let your fish blood in the Talle, then scald it, and scoure it : wash it cleane, and dry it with a cloth. Then take grated Bread, sweet Creame, the yolkes of two or three new-laid Egges, a few par-boyled Carrans, a few sweet Hearbs chopt fine. Season it with Nutmeg and Pepper, and make it into a stiffe pudding, and put it into your Tenches belly. Season your fish on the outside with a little Pepper, Salt, and Nutmegge, and put him in a deepe Coffin with a peece of sweet Butter, and so close your Pye, and bake it. Then take it out of the Oven, and open it, and cast in a peece of preserved Orange minst. Then take Vinegar, Nutmeg, Butter, Sugar, and the yolke of a new-laid Egge, and boyle it on a Chafingdish of Coales, alwaies stirring it to keep it from Carding. When youre it into your Pye, thogge it well together, and serue it in.

To

To bake Eeles.

Cut your Eeles about the length of your finger : season them with Pepper, Salt, and Ginger, and so put them into a Coffin, with a good peece of sweet Butter. Put into your Pye great Raisins of the Sun, and an Onyon minst small, & so close it and bake it.

To bake Chickens with Grapes.

TRusse and scald your Chickens, season them well with pepper, salt, and Nutmeg: and put them into your Pye, with a good peece of Butter; bake it & cut it up, & put upon the Breast of your Chickens, Grapes boyled in Verjuyce, Butter, Nutmeg, and Sugar, with the iuyce of an Orange.

To bake a Steake pye with a French
pudding in the pye.

Seaon your Steakes with Pepper, Salt, and Nutmeg: and let it stand in a tray an houre : Then take a peece of the leanest of a Legge of Button, and mince it small with Dre-suet, and a few

C 3

sweet

Sweet Hearbs, tops of young Tyme, a branch of Pennyroyal, two or three leaves of red Sage, grated Bread, yolks of Eggs, sweet Cream, Raisins of the Sunne, work all together like a Pudding with your hand Kisse, and roule it round like bales, and put them in your Steakes in a deep Coffin, with a good peece of sweet butter, sprinkle a little Marjapce on it, and bake it: then cut it up, and roule Sage-leaves in Butter, and frye them, & stick them upright in your wals, & serbe your Pye without a cover, with the iuyce of an Orange or Lemmon.

To make a good Quince Pye.

Pare them, and coare them (the best of the Quinces is next unto the skinne therefore pare it as thinne as is possible) Kasse them with Sugar, then with as much other Sugar, as they weigh, put them with peeces of sliced ginger in a Coffin, sprinkle on a little Rose-water before you close your Pye. Bake it, and let it stand long a soaking in the oven, Ice it, and serbe it in.

To

To make a Pippin Pye.

Take their weight in Sugar, & stick a whole Clove in every peece of them and put in peeces of whole Cinamon, then put in all your Sugar, with a slice or two of whole Ginger: sprinkle Rose water on them before you close your Pye: bake them and serbe them in.

To bake a Pigge.

Scald it, and slit it in the middelt, flay it, and take out the bones. Season it with Pepper, Salt, Cloves, Mace, and Nutmeg: chop sweet hearbs fine with the hard yolkes of two or three new layd Egges, and parboyled Currans. Then lay one halfe of your pigge into your pye, and hearbs on it: then put on the other halfe with more hearbs aloft upon it, and a good peece of sweet Butter aloft upon all: It is a good dish both hot and cold.

To bake Fallow Deer in the best manner.

Bake it first in his owne blood, onely wipe it clean, but wash it not, bone it and

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and skin it, and season it with Pepper & Salt. Then bake it in fine Paste afterward, either past-paste or short-paste.

To bake a Red Deere.

Parboyle it, and dresse it, and let it lye all night in Red Wine, and Vinegar: then Lard it thicke, and season it with Pepper, salt, Cloves, Mace, Nutmeg, and Ginger. Bake it in a deep Coffin of Rye paste, with store of Butter: let it soake well. Leabe a vent-hole in your Pye, and when you draw it out of the Oven, put in melted Butter, Vinegar, Nutmeg, Ginger, and a little Sugar: shake it very well together, and put it into the Oven again, & let it stand thre or foure houres at the least, to soake thorowly: when your Oven is cold, take it out and stop the hole with Butter.

To bake a wild Boare.

Take the buttocke of a Brawn, and the fillets: parboyle it, and mince it small, and stamp it in a Morter till it come like paste all in a lumpe. Then lard it,

it, and use it like the Red Deere. The fillets also of beefe for a need will serue very well.

To bake a Swan.

Scald it, and take out the bones: then Sparboyle it and season it well with Pepper, Salt, and Ginger. Then Lard it, and put it in a deepe Coffin of Rye-paste, with store of Butter. Let it soake well: when you take it out of the Oven, put in more Butter moulten at the vent-hole.

To bake a Turkey or a Capon.

Bone the Turkey, but not the Capon: Sparboyle them, and sticke cloves in their breasts: Lard them and season them well with Pepper and Salt, & put them in a deep Coffin with the breast downward, and store of Butter, and when it is bak't poure in more Butter, and when it is cold, stop the vent-hole with more butter.

To bake a Hare on the French fashion.

Parboyle two Hares, and take the flesh from the bone, and mince it small, and

and beat it in a Morter into a lumpy substance: then soluce it in Wine and Vinegar: as you would doe red Deere, and season it also. Lay all this pulp about the Chine of one Hare, so it will seem but one: Lard it well, and put it into a Coffin, with store of butter, and so bake it. Then take it out of the Oven, and put into it a little melted Butter, Nutmeg, Ginger, and Sugar, and set it into the Oven againe to soake: when it is cold stop the hole with butter.

To bake a wild Goose or Mallard.

Parboyle them, and breake the breast-bone of a large Goose, or take it quite out, and all the other bones also, but not out of a Mallard. Season them and lard them, and put them into deepe Coffins, with store of Butter; when you draine them out of the Oven, put in more, and doe as before is shewed.

To bake a Curlew or Herneshaw.

TRusse them, and parboyle them, but upon one side. Season them with Pepper, Salt, and Ginger. Put them in deep

deep Coffins, with store of Butter, & let the heads hang out for a shew.

To bake Woodcocks,
or Blackbirds.

TRusse, parboyle, & season them with Pepper and Salt: your Woodcocke may be larded: doe as in other.

To bake Larkes or Sparrowes.

Serve them as before was shewed in the Woodcocks and Blacke-birds.

Fritters on the Court-fashion.

TAke the Curds of a Sack-poffet, the yolkes of five new-laid Egges, and the whites of two of them, fine flower, & make thicke batter: cut a Pomewater in small peeces: season it with Nutmeg and a little Pepper, put in a little strong Ale and warme milke: mingle all together. and put them into Lard, neither too hot nor too cold. If your batter swim, it is in good temper.

To

To make Pancakes so crispe that you may set them upright.

MAke a dozen or a score of them in a little frying-pan, no bigger then a Sautcer, and then boyle them in Lard, & they will looke as yellow as gold, beside the taste will be very good.

A Sallet of Rose-buds and Clove
Gillyflowers.

Pick Rose-buds, and put them into an earthen Pipkin, with White-wine vinegar and Sugar: so may you use Cowslips, Violetts, or Rose-mary-flowers.

To keepe greene Cucumbers all the yeare.

Cut the Cucumbers in peeces, boyle them in spring-water, Sugar, and Dill, a walme or two. Take them up and let your pickle stand untill it be cold.

To keepe Broome Capers.

Boyle the greatest & hardest buds of the Broome in Wine Vinegar and Bay-salt, scum it cleane: when it is cold, you may put in raw ones also, each by them

themselves, put in a peece of Lead on the raw ones, for all that swim will be black, and the other that are pressed downe, as greene as any Leek. The boyld ones will change colour.

Pursaine stalkes.

Gather them at the full growth, but not too old: parboyle them, and keepe them in White-wine Vinegar, and Sugar.

To make Caper-rowlers of
Radish cods.

Take them when they be hard, & not too much open: boyle them tender in fair water, boyle White-wine Vinegar and bay-salt together, and keepe them in it.

Divers Sallets boyled.

Parboyle Spinage, & chop it fine, with the edges of two hard Trenchers upon a board, or the backs of two Choppings knives: then set them on a Chafindish of Coales with Butter and Vinegar. Season it with Cinamon, Ginger, Sugar, and a few parboyld Currans. Then cut

cut hard Egges into quarters to garnish it withall, and serbe it upon Sippets. So may you serbe Barrage, Buglosse, Cardiff, Suckozp, Coleflowers, Soyrell, Parigold-leaves, Water-crelles, Leekes boyled, Onions, Sparagus, Rocket, Alexanders, Parboyle them and season them all alike: whether it be with Oyle and Vinegar, or Butter and Vinegar, Cinamon, Ginger, Sugar, and Butter: Egges are necessary, or at least very good for all boyled Sallets.

Buds of Hops.

Setbe them with a little of the tender stalks in faire water, and put them in a dish ober coales with Butter, & so serbe them to the Table.

A Sallet of Mallowes.

Strip off the leaves from the tender stalkes saving the tops: let them lye in water, and seethe them tender, and put them in a dish ober coales, with Butter and Vinegar: let them stand a while: then put in grated bread and Sugar betweene every lay.

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A Sallet of Burdock rootes.

Cut off the outward rinde, and lay them in water a good houre at the least: when you have done, seeth them untill they be tender: then set them on coales with Butter and Vinegar, & so let them stand a pretty while: then put in grated Bread and Sugar betwixt every lay, and serbe them in.

To make blancht Manchet in a Frying pan.

Take halfe a dozen of Egges, halfe a pinte of sweet Cream, a penny Manchet grated, a Nutmegge grated, two spoonfulls of Rose-water, two ounces of Sugar, worke all thicke like a Pudding: then fry it like a Tansy in a very little Fryingpan that it may be thicke: frye it brown and turne it out upon a plate. Cut it in quarters, & serbe it like a Pudding: scrape on Sugar.

Puddings.



Puddings.

A fierced pudding.



Mince a Legge of Mutton with sweet Herbs: searce grated Bread thorough a Collinder, mince Dates, Currans, Raisins of the Sunne being stoned, a little Oregado cut finely, or a preserved Lemmon, a little Coriander seedes, Nutmeg, Ginger, and pepper: mingle all together with milk and Egges, raw, wrought together like Masse: wrap the meat in a cabole of Mutton, or of Veale, & so you may either boyle or bake them. If you bake them, beat the yolk of an Egge with Rose water, sugar, and Cinamon. And when it is almost bak't, draw it out, and lick it with Cinamon and Rosemary.

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A Pudding of Veale.

Mince rawe Veale very fine, cut some Lard, like Diamonds: mince sweet Marjoram, Bennetropall, Camomill, winter-Savory, Nutmeg, Pepper, Ginger, and salt made hot, the gut of a fat Mutton Hog: cut it about an inch long: work it together with Roze of Cinamon & Sugar and Barberries, sliced Figs, blancht Almonds, halfe a pound of Beef suet, most finely minct: put this into your Horse skins: set them a boyling in a pipkin of Claret-wine, with large Mace, a sliced Lemmon, and Barberries in knots, or Grapes: this is a delicate Pudding.

A Fregeley of Egges.

Beat a dozen of Egges with Cream, Sugar, Nutmeg, Mace, Rose-water, and a Homelwater cut oberthwart in slices: put them into the Fryng-pan with sweet Batter, & the apples first: wh̄ they are almost enough, take them up, and cleanse your pan: put in sweet Batter, and make it hot: put in halfe the Egges:

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any

and Cream at one time: stir it with a sifter, or such a thing. Take it out, & put it in a dish, put in the rest of the Eggs and Cream, like the former, and then put in your apples round about the batter. Then cast on the other side on the top of it, and keep it from burning with sweet Butter. When it is fyled on both sides enough, turning on the juyce of an Orange and serve it in.

A Cambridg Pudding.

Scarce grated bread thorow a collinder, mince it with Flower, minst Dates, Currans, Nutmeg, Cinamon and Pepper, minst Suet, new milke warme, fine Sugar and Eggs: take away some of their whites, worke all together. Take halfe the Pudding on the one side, and the other on the other side, and make it round like a loafe. When take Butter, and put it in the midst of the Pudding and the other halfe aloft. Let your liquoz boyl, and throw your pudding in, being tyed in a fair cloth: when it is boyled enough, cut it in the middelt, and so serve it in.

A

A Swan or Goose Pudding.

Stirre the blood of a Swan, or Goose, take fine Datmeale in milke, Nutmeg, Pepper, sweet Hearbs, minst Suet: mingle all together with rose-water, Lemon pills minst fine, & Orlander seeds, a little quantity thereof. And this is a rule both for grated bread pudding or any other pudding that is made in a Swanne or Goose necke.

A Liveridge or Hogges Pudding.

Boyle a Hogs Liver well, let it be thoroughly cold, then grate it like Bread: grate Bread, take new milke, the fat of a Hogge minst fine, put it to the bread, and the Liver, the more the better, divide it into two parts. Take store of dry hearbes, that are very well dyed, mince them fine, put the hearbes into one part, with Nutmeg, Mace, Pepper, Annis-seeds, Rose-water, Cream, and Eggs, wash the skins, and then fill them up, & let them boyle enough. To the other sort put Barberries, Alced Dates, Currans, new Milke and Egges, worke them as the other,

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A Chiveridge pudding.

Lay the fattest guts of your Hogge in faire water and salt, to scowze them. Take the longest and the fattest gut, beginning at the middest of the gut, and stuff it with Nutmeg, Sugar, Ginger, Pepper, and sliced Dates, boyle it and serue it to the Table.

A Ryce pudding.

Steepe it in faire water all night: then shople it in new milke, and draine out the milke through a Callinder: mince Beefe suet handsomely, but not too smal, and put it in the Rice, and barboyled Currans, yolkes of new laid Egges, Nutmeg, Cinamon, Sugar and Warberries: mingle all together: wash your scoured guts, and stuffe them with the aforesaid pulp: parboyle them, and let them coole.

A Florentine of Veale.

Mince cold Meale fine, take grated Bread, Currans, Dates, Sugar, Nutmeg, Pepper, two or three Eggs, and Rose-water: mingle all well together, and

and put it on a Chasingdish of coales, stir them till they bee warme, and then put some between two sheets of puff-paste, and bake it, put the rest upon slices of a white loafe and fry it in a frying-panne, washt before with the yolk of an Egge: serue it with Cinamon and Ginger, at the second course.

A marrow roast.

Mince cold parboyled Meale, and saet very fine, and sweet hearbs, each by themselves, and then mingle them together with Sugar, Nutmeg, Cinamon, Rose-water, grated Bread, the yolkes of two or three new-laid Egges: open the minst meat, and cover it with the Marrow. Then put your toast into the pipkin with the uppermost of some strong broth: let it boyle with large Pace, a fagot of sweet hearbs, scum them passing clean, and let them boyle almost dry. Then take Potato-roots boyled, or Chestnuts, Skir-roots, or Almonds boyled in White-wine, and for want of Wine you may take Merjoyce and Sugar.

Another in a Frying-pan.

Take the marrow whole out of the bone as neer as you can: ten Oysters is a fit proportion for that marrow, being parboyled and bearded; and cut in small peeces. Put in a little yong Tymme, pennyroyall, and parslie minst fine: work all together like batter. Then rowle your marrow within that, and season it with Pepper, Salt, and Nutmeg. Then make it in little Pattyes with fine paste: some like Pealcodes: fry them, Mabe on Sugar, and serbe them in.

A Pudding stewed between two Dishes.

Take the yolkes of three Egges, and the white of one, halfe a dozen spoonfulls of sweet Creame, a Nutmeg grated, a few Cloaves and Mace, a quarter of a pound of Beefe suet minst small, a quarter of a pound of Currans, temper it like a Pudding with grated Bread, and a spoonfull of Rose-water. Then take a bell of Cleate, cut it in square peeces like Trenchers, lay three spoonfulls of the batter upon one side, then rowle it up in the cable:

pin

pin on one side over the other with two small pyches, and tie each end with a thread. You may put two, or three, or foure of them in a dish, then take halfe a pinte of strong Mutton broth, and halfe a dozen spoonfulls of Vinegar, three or foure blades of large Mace, and an ounce of Sugar. Make this broth to boyl upon a chafindish of Coales, and then put in your Pudding: when it boyles, cover it with an other dish, & let it stue a quarter of an houre longer. Turne them for burning, then take up your Pudding, and lay it upon Stippets, and poure the broth upon the top. Garnish your dish with the coar of a Lemmon, and Warberries: serbe them hot, either at dinner or Supper.

To make French pusses with greene Hearbes.

Take Spinage, Parsly, Endive, a sprig or two of Savory: mince them very fine: season them with Nutmeg, Ginger, and Sugar. Wet them with Egges, according to the quantity of the Hearbes, more or lesse. Then take the coar of a Lemmon, cut it in round slices very thin: put to every slice of your Lemmon one

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spoonfull

Spoonfull of this stusse. Then fry it with sweet lard in a frying-pan, as you fry Eggs, and serbe them with sippits or with out, sprinkle them either with White-wine or Sack, or any other Wine, saving Rhenish wine Serbe them either at Dinner or Supper.

Dropt Raisins.

TAke the fairest Raisins of the Sun, slit them on one side: lay them open, as round and as broad as you can. Then take the aforesaid Hearbes minst and seasoned, and lay betwixt two Raisins as many as you can close betwixt them. Take halfe a Spoonfull of the aforesaid stusse that you fryed your Lemmons with: fry them brown.

A Fond pudding.

TAke either Mutton, Veal, or Lamb, roast or raw, but raw is better, Prince it fine with Beefe suet: take Spinnage, Parsley, Parigold, Endiue, a sprig of Tyme, and a sprig of Savoy: chop them fine, and season them with Nutmeg, Sugar, minst Dates: take Carrans and

grated

grated Bread, the yolks of three or foure of new laid Eggs, a Spoonfull or two of Rosewater, as much verjaye: work them up like Birds, Beasts, Fishes, Beares, or what you will. Fry them, or bake them, & serbe them upon sippits, with verjaye or White-wine, Winter, and Sugar: serbe them either at Dinner or Supper.

To make pusses on the English fashion.

TAke new milk Curds, presse out the Whey clean, take the yolks of three Eggs, and the white of one, fine Wheat-flower, and mingle amongst your Curds: Season it with Nutmeg, Sugar, and Rosewater, mingle all together. Butter a faire white Paper, lay a Spoonfull at once upon it: set them into a warme Oven, not ober hot, when you see them rise as high as a halfe-penny loafe, then take Rosewater and Butter, and indale them ober: scrape on Sugar, & set them in the Oven againe untill they be dyed at the tops like Ice. Then take them out, and serbe them upon a plate, either at Dinner or Supper.

To

To make a Pudding in a Frying-
panne.

TAke foure Egges, two spoonfulls of Rose-water, Nutmeg grated, Sugar, grated Bread, the quantity of a penny Loafe, a pound of Beefe suet minst fine : work them as thicke as a Pudding with your hand, & put it in a Frying-pan with Sweet Butter, fry it brown, cut it in quarters, and serue it hot, either at Dinner or Supper. If it be on a fasting-day leaue out the Suet and Currans, and put in two or three Pomewaters, minst small, or any other soft Apple that hath a good relish.

To make Apple-puffes.

TAke a Pomewater, or any other Apple that is not hard, or harsh in taste: mince it small with a dozen or twenty Rastins of the Sunne: wet the Apples in two Egges, beat them all together with the back of a knife or a spoone. Season them with Nutmeg, Rose-water, Sugar, and Ginger : drop them into a Frying-pan with a spoon, fry them like Eggs,
wring

wring on the ioyce of an Orange or Lemon, and serue them in.

To make Kick-shawes.

TAke the Kidney of a Heale, or Lamb, or if you haue neither of both, the take the eare of Mutton, take the fat and all, boyle it, and mince it fine : season it with Nutmeg, Pepper, and Salt. Then take two or three Egges, a spoonfull of Rose-water, two or three spoonfulls of Hacke, as much grated Bread as will worke them like lithe-paste. Then flower your moulds, and fill them with that paste: then roule a thin sheet of paste, wet it and couer it ouer : fry them, and turn them into small dishes, and keep them warm in the Oven, serue them at dinner, or supper. If you will bake them, then you may turne the into the dish raw, out of your moulds, and Ice them with Rose-water & Sugar, and set them in the Oven, when your pyes are halfe bak't.

To

To make some Kick-shawes in paste,
to fry or bake, in what forme
you please.

MAke some Short Past-paste, roule it
thinne, if you have any moulds you
may work it upon your moulds, with the
pulp of Pippins, seasoned with Cinamon
Ginger, Sugar, and Rosewater, close
them up, and bake them, or fry them: or
you may fill them with Gooseberries, sea-
soned with Sugar, Cinamon, Ginger, and
Nutmeg: roule them up in yolkes of
Eggs, and it will keepe your Marrow,
being boyled, from melting away, or you
may fill them with Cards, boyled up with
whites of Egges and Creame, and it will
be a tender Card: but you must season
the Card with parboyled Currans, three
or foure sliced Dates put into it, or five
bits of Marrow, as bigg as halfe a Wal-
nut: put in some small peeces of Almond-
paste, Sugar, Rosewater, and Nutmeg:
And this will serbe for any of these Kick-
shawes, either to bake, or for a Flo-
rentine in Past-paste, any of these you
may fry or bake, for Dinner or Supper.

To

To make an Italian
pudding.

TAke a penny white loafe, pare off the
crust, and cut it in square peeces like
unto great Dyce, mince a pound of Beef
suet small: take halfe a pound of Raisins
of the Sunne, stone them, and mingle them
together, and season them with Sugar,
Rosewater and Nutmeg. wet these things
in four Eggs, and stir them very tenderly
for breaking the Bread: then put it in a
dish, and prick in three or foure peeces of
marrow, and some sliced Dates: put it into
an Oven hot enough for a Chewet: if
your Oven be too hot, it will burne: if
too cold, it will be heaby. When it is
baked, scrape on Sugar and serbe it hot
at Dinner, but not at supper.

To

To boyl a Rack of Veale on the French fashion.

Cut it into Steakes, cut a Carret or Turnip in peeces like Diamonds, & put them into a pipkin with a pinte of White-wine, Parsly bound in a fagot, a little Rosemary, and large Spice, and a Stick of Cinamon: pare a Lemmon, or Orange, and take a little grosse pepper, half a pound of Butter: boyle all together untill they be enough: when you have done, put in a little Sugar and Verjuice, garnish your dish as you list.

To searce a Legge of Lamb on the French fashion.

Take the flesh out of the in-side, and leave the skin whole, mince it fine with suet: take grated Bread, minst Orange pill, sliced nutmeg, Coriander-seeds, Barberies pickt, a little Pepper: worke all together with yolks of Eggs, like a Pudding, and put it in againe. If you want a catle of Button to close it with, then take the yolk of an Egge, and smear

it all ower, and it will hold it fast. Then put it in a dish raw, and set it upright, and put a little Butter into the dish, and set the dish into the Oven: put to the aforesaid things, Sugar, Currans, and sliced Dates, Salt and Verjuice. When it goeth to the table, throw it with yolks and parsly, either of them minst by it self.

To hash Deere, sheepe, or Calves tongues, on the French fashion,

Boyle, Blanch, and Lard them, sticke them with Cloves and Rosemary and put them on a spit, untill they be halfe roasted. Then put them into a pipkin with Claret-wine, Cinamon, Ginger, Sugar, sliced Lemmon, a few Carraway-seeds, and large Spice, Boyle all together and serue them in with fryed toasts.

English



English Cookery.

To boyle a Capon.

Take strong broth of mutton bones, or any other strong broth, put the marrow into a pipkin with salt: boyl your Capon in the pipkin, and scum it clean, before you be ready to take it off put in your Salt. Take a pinte of White-wine in a pipkin, for one Capon; if you have more, you must have more wine: half a pound of Sugar, a quarter of a pound of Dates sliced, Potatoes boyled and blancht, large Pease, Nutmeg sliced: if you want Potatoes, take Endive, & for want of both boyle Skirrets, and blanch them: boyle all together, with a quarter of a pinte of Verjusce, and the yolks of Eggs, strain it and stirre it about, and put it to the Capon with strong broth.

To

To garnish your Dishes.

Garnish your Dishes round about with fine Sugar: take Orngado dipt among biskets: take Carawayes. Take a Pomegranat and garnish the side of your dish with it: Take Currans and Pines, and wrap them in fine Sugar, having been first boyled tender in faire water: Take a Lemmon and slice it, and put it on your dish, and large Pease keeped boyled, or preserved Barberries. Any of these are fit to garnish your Dish: take your Capon out of the broth, and put it into a dish with lippets, and of these garnishes round about it.

To boile a Capon another way.

Boyle a Knuckle of Meale untill it make strong broth: then take your Capon, & boyle it in faire water and Salt, and when it is almost boyled, take it & put it in a Pipkin, and strain your broth into the Capon: Then wash and scrape Parsley, and Fennell-rootes clean, pith them, and slice them along: boyl them in a Skillet of water, and when they are halfe boyled take them from the fire, and put them

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in a Strainer and then in a clean Wipkin. Then take a little Rosewater, and a quarter of a pound of fine Sugar, until it be as cleare as glasse: then take a little large Mace, a faggot of sweet Hearbes, a minst Lemmon, the pill taken off. Boyle a few Raisins of the Sunne with it but first take out your Capon and straine the broth: put the Capon into a Dish very finely garnisht: then put the broth to the Capon: then take Parsly rootes, and lay them on the top of the Capon with your minst and sliced Lemmon, your Raisins of the Sunne: and your large Mace. Garnish your dish, as before is shewed.

To boyle a Capon in Rice.

Boyle a Capon in Salt & water, and if you like it, you may put into a fair cloth, a handfull of Datmeale: then take a quarter of a pound of Rice, and steepe it in faire water, and so halfe boyle it: then straine the Rice through a Cullinder: then boyle the Rice in a Wipkin: with a quart of Milke: put in halfe an ounce of large Mace, halfe a pound of Sugar: boyle it well, but not over-thick, put in a little Rose-water: blanch halfe a pound of Almonds

monds, and beate them in a morter with a little Creame and Rose-water: beate them fine, and straine them into a Wipkin by it selfe. Then take up your Capon, and set your Almonds a little against the fire; garnish your dishes as you think fit, and lay in your Capon, and put your Rice handsomely upon the Capon, and then the broth upon the Rice.

To boyle a Capon with Oysters, and picked Lemmons.

Boyle the Capon halfe enough, with faire water & Salt: then straine some of the broth into a quart of Rensh-wine: then put in a few sweet hearbes, minst with a pickled Lemmon or Orange, put all into the Wipkin, and let them boyle together. Then take the Oysters, pick and beard them, and parboyle them: then put them out of the broth into a Cullinder, & then put them into a Wipkin. Then take a few Raisins of the Sun: if you love the iuyce of an Onion, first boyl some Onions by themselves, and straine them, and then put them into the Wipkin, and serue in with what garnish you please.

To boyle a Capon with
Pippins.

Parboyle it as befoze, then put two Marrow-bones into a Pipkin, or rather put the marrow of two or thye bones into a Pipkin, with a quart of White-Wine, a little sliced Nutmeg, half a score of Dates. When you have so done, put in a quarter of a pound of Sugar, then pare your Pippins, and cut them into quarters, and put them into a Pipkin, and rober them with a little Rose-water and Sugar, and boyl them. Then take (if you have it) sippets of Bisket, and for want thereof take other Bread: then boyl seven or eight Egges hard, take out the yolkes and put them in a strainer. Then take a little Verjuyce, and strong broth where the Capon is boyling, strain it, and put it in a Pipkin, and stir all together with the Pippins and Muscadine: let the Muscadine bee put on when the Pippins are cold.

To

To boyle Chickens in White-
broth,

TRasse and parboyl them very white: then put them with sweet Hearbs into a pipkin with Pace, peeces of Cinnamon, chop a little Parsly but coarse, and straine the yolkes of foure or five Egges, with a little verjuyce, which must be put in when they are ready to be taken from the fire. Garnish your dish.

To boyle Chickens in
soope.

Boyle them untill they bee enough, blanch them. Then put your Chickens into a pipkin with strong broth. Cut your Hartichokes, and put them into a pipkin with a few sliced Dates: wash a few Raisins of the Sun, and a few Carrans clean, put the into a pipkin: then take Cola-Flora, and wash it clean, and parboyle it very well. When you take them from the fire, blanch them very clean, and put them into a pipkin: then take some of your Hartichokes left, and a little white Bread,

laid in steep with a little broth and Wersuyce, half a dozen yolks of hard Egges, and a little strong broth and Wersuyce, a quarter of a pound of Sugar, put it into the Pipkin, and stir all together, with a good quantity of Butter: then mince the flowers of Marigolds, and boyl them with the rest: scum the broth clean, and then it will looke very cleare: with this boyling you may boyl Capon, Pigeon, Rabbet, Lark, &c.

To boyle the common way.

TRusse and parboyle them, & put them into a Pipkin with strong broth: then take Parsley, Endiffe, Spinage, a Fagot of sweet Hearbs. Bruise your parsley and Endiffe, and put them into a Pipkin and two or three ribs of Button, & if you have any Potatoes, or Skirrets, put them in with Marigold flowers, and let them boyl well together: then slice one Carret, and cast it in, & serve it with a few large Pease, and a little Wersuyce. Take the yolkes of halfe a dozen Eggs, mince them by themselves fine, and the barboyl'd Parsley by it self, then mingle the with a few Bar-

Barberries: cast all these things on the toppe of the Chickens, after you have put them in the dish: so also may you do with a Knuckle of Weale.

To boyle Chickens with Lettice the best way.

Cut every Chicken in four quarters after the parboyling of them, and put them into a Pipkin with two or three Sweet-breads of Weale: or if you cannot so readily come by so many, then take the Udder of a Weale, & parboyl it very well: Cut it in peeces, and put it into the Pipkin, with a sliced Lemmon. Then take Lettice, cut them and wash them clean, and bruise them with the back of a Ladle, and put them into the pipkin: then take a good deale of sweet Butter, about the quantity of halfe a pound, halfe a pinte of Sack, a quarter of a pinte of white-wine, Pease, a sliced Date, a Nutmeg: you may put in three or four Dates sliced, if you have so many. Let all these boyl together over the fire with Marigold flowers and sweet Hearbes.

To boyle a Rabbet.

Parboyle your Rabbet well, and cut it in peeces: then take strong broth, and a Fagot of Hearbs, a little Parsly, sweet Marjoram, three or foure yolkes of Eggs, strained with a little white Bread, and put all in a pipkin with Mace, Cloves, and a little Alesuyce to make them have a taste.

To boyle a Rabbet with Grapes
or Gooseberries.

TRusse your Rabbet whole, and boyle it with strong broth, untill it be ready: Then take a pinte of White-wine, a good handfull of Spinage chopt in peeces, the yolkes of Egges cut in quarters, and a little large Mace. Let all boyle together with a fagot of sweet Hearbs, and a good peece of Butter.

To boyle a Rabbet with
Claret-wine.

Use it as before is shewed, slice Onyons, and a Carret-root, a few Currans, and a Fagot of Hearbes, mince Parsley, Barberries pickt, large Mace, Nut-

Putmeg, and Ginger: throw them all into the pipkin. Boyle it with halfe a pound of Butter.

To boyle a wilde Duck.

TRusse and parboyle it, and then halfe roast it: then carve it, and save the gravy: take stoe of Onyons, Parsly, sliced Ginger and Pepper: put the gravy into the pipkin with washt Currans, large mace, Barberries, a quart of Claret-wine: let all boyle well together, scum it clean, put in Butter a Sugar.

To boyle a tame-Duck, or
Widgin.

Parboyle your Fowl well, take strong Mutton broth, a handfull of Parsly, chop them fine with an Onyon, and Barberries, pickt Endiffe washt: throw all into the pipkin with a Turnip cut in peeces, and parboyled, untill the ranknesse be gone: then put in a little White-wine, or Alesuyce, halfe a pound of Butter: boyle all together, and stirre it, and serve it with the Turnip, large Mace, Pepper and a little Sugar.

To

To boyle Pigeons.

Parboyle your Pigeons with Parsly in their bellies, and Butter: put them in a Pipkin with strong broth, about a quart thereof, a ribbe of Button, large Mace, a little grosse Pepper, beaten Cinamon, a little Ginger and Sugar, a few Rastins of the Sunne, a few Carrans, Barberries in bunches, halfe a pinte of white wine, boyl all together with a little Bread steeped in broth, so colour it: straine it with some of the broth, and put it into the pipkin: let them boyle till they be enough, and so serue them in. This broth may serue to boyle Woodcocks, or Partridges in, with this difference, take some of the broth out of the Pigeon, and put in a mince Mayon. Let all boyl until it be enough.

To boyle Pigeons with Capers
or Sampyre.

Put them into a Pipkin, with a pinte or more of white-wine, a little strong broth, a ribbe or two of Weale, wash off the saltnesse of your Capers or Sampyre; blaunch halfe a pound of Almonds, put them in cold water, cut them longwise & put

put them into the pipkin with Rastins of the Sunne. Take large Mace, a little sliced Ginger, a sliced Nutmeg; let them all boyle together with a Fagot of Hearbs. Throw into them three or foure yolks of Eggs whole, and a peece of Butter, then put in the Sampyre or Capers, This boyling will serue well for Rabbets.

To boyle Sawceges.

Put them into a quart of Claret wine, large Mace, Barberries, Cinamon, a handfull of sweet hearbes. Garnish this Dish with Cinamon, Ginger, and fine Sugar.

To boyle Goose-giblets, or
Swannes giblets.

Picke and parboyle them cleane, and put to them some strong broth, with Onyons, Carrans, and Parsly, & let all boyle together with large Mace, and Pepper; boyle them well with a Faggot of sweet Hearbes, and then put in Merseyce and Butter.

Giblets

Giblets with Hearbs and
Rootes.

Pick and parboyle them, and put them in a quart of Claret-wine into a pipkin, halfe an ounce of Sugar, a good quantity of Warberries, Spinage, and a fagot of sweet Hearbs, boyld Turnips, and Carrets sliced, and put them into the pipkin, and boyle them well together: then take strong broth, Merjayce, and the yolks of two or thre new layd Eggs: strain them, and put them into the pipkin.

To smoore a Rack or Ribbes of
Mutton.

Cut your Mutton in peeces, & split it with the back of a Cliver, and so put it into a dish, and a peece of sweet Butter, and put it into the bottome of your dish: then take a fagot of sweet Hearbs, and grosse Pepper: stue them in a covered dish with a little Salt: take them now and then, and when they are enough, put them in a clean Dish with sippets. The dish is best garnished with Warberries, and Pepper.

For

For the fillets of a Veale, smoored in a
Frying-panne.

Cut them as for Olives; back them with the back of a knife; then cut Lard fine, and lard them, then put them in a frying-pan with strong Beere, or Ale, and fry them somewhat brown; then put them into a pint of Claret-wine, and boyle them with a little Cinamon, Sugar and Ginger.

A Dish of Steakes of Mutton,
smoored in a Frying-
panne.

Take your Legge of Mutton cut into Steakes, & put it into a frying-pan, with a pint of White-wine, smooze them somewhat brown: then put them into a pipkin; Cut a Lemon in slices, and throw it in; then take a good quantity of Butter & hold it over the fire; when it is ready to fry put in a handful of Parsley, and when it is fryed, put it into the pipkin and boyl all together. This Dish would be garnished with Cinamon, Sugar, and sliced Lemmons.

To

To smooore a Chicken.

Cut it in small peeces, and fry it with sweet Butter; take Sack, or white-Wine, Parsly, an Onion chopt small, a peece of whole Mace, and a little grosse Pepper; put in a little Sugar, Verjuyce, and Butter. Then take a good handfull of Clary, and pick off the stalkes, then make fine batter with the yolkes of two or three new-laid Egges, and fine flowre, two or three spoonfulls of sweet Cream and a little Nutmeg, and so fry it in a Frying-pan with sweet Butter; serbe your Chickens with the fryed Clary on them. Garnish your dish with Barbertes.

To fry Muscels, Perywinckles, or Oysters, to serve with a Duck, or single by themselves.

Boyle these shell fishes; then flowre and fry them; then put them into a Pipkin, with a plate of Claret-Wine, Cinamon, Sugar, and Pepper. Take your Duck boyled or roasted, and put them into two severall Pipkins, if one boyled, and the other roasted, and a little Sugar,

Sugar, large Mace and fryed toasts, stack round about it with Butter.

To marble Smelts, Soales, Flounders, Plaice, &c.

Fry Sallet Oyle in a Frying-pan, or Chafin, wipe your Fish, and when the Oyle is hot, put in so much Fish as the Oyle will cover, and when it waits you must supply it. Then fry Bayleaves, where the Fish hath been fryed in whole peeces; put Claret-Wine into a earthen Panne, put the fryed leaves into the bottom of the Panne, and let some of them lie aloft; slice an ounce of Nutmeg, or rather two, as much Ginger, and large Mace, a few Cloves, and Wine-Vinegar; put your marbled Fish into the liquor, so as the Bay-leaves and spices cover it, as well as it that lyeth under. And upon occasion serbe it with the Bay-leaves, and the spices of the liquor.

To congar Eeles in Colar like Brawn.

Cut them open with the skin on, and take the bone clean out, large Mace, grosse Pepper, some fine sweet Hearbes, chopt,

chop under your Knife. Then strow the Hearbes and the Spices all along the inside of your Cele, and rowle it like a collar of Brawnne: so may you doe with Lenches, boyled in saire water, White-wine, and a quantity of Salt, so put in some sliced Ginger, Nutmeg, and Pepper in grain. When it is well boyled put it into an earthen Panne, covered with the own liquoz, and a little White-wine Vinegar.

To sowce a Pigge in collars.

Chine your Pigge in two parts: take out all the bones, lay it in a keeler of water all night: the next day scrape off all the filth from the backe, and wipe it very dry: then cast Pepper on it, a little large Mace, and Ginger, with a Bay-leaf or two, even as you would doe a collar of Brawnne, and let your panne boyle before you put it in: keep it with scumming untill it be halfe boyled, then take out a Ladle full or two, and put it in a pan by it self, put into this boyling some Rhenish or Claret-wine, sliced Nutmegge, grosse Pepper, sliced Ginger. Let it stand untill it

it be almost cold, and then dish it with Bay-leaves.

To sowce a Breast of Veal.

Take your breast, and lay it in saire water, untill the blood be gone. Then take it, and dry it, and take all kinde of sweet hearbes, Nutmeg beaten, Cinamon beaten, Ginger beaten, but not too fine, Callender, pared Lemmon pill cut in fine peeces: mingle all together, spread your Meale, and cast it on the inside, and then rowle it like a collar of Brawnne, binde it close. Let your liquoz boyl, and put in your Meale. So you may use racks unbond, and Breasts unbond. Let it be scumm'd very cleane: then put in a Fagot of sweet hearbes, and keep it covered, for that will make it white: when it is almost boyled, throw in sliced Nutmeg, large Mace, a little Ginger, a Lemmon or two sliced.

To hash a shoulder of Mutton or a Legge of Lambe.

Take your meat off the Spitt, and hash it into a Pewter Dish: put in some Rhenish-Wine, Ratins of the Sunne, sliced

sliced Lemmon, rawe Oysters: put them all together into a pipkin, and stir them. If you want Oysters, and Ratsins, then take two Oysters whole, put them into the meate. If you want Wine, take strong broth, Merseyce, & Sugar. Throw a few Barberries into the Dish, and serue it on toasts or lippets.

A Legge of Lambe fearst with
Hearbes.

Serue it as before shewed, with sweet Hearbes, and grated Bread, Bisket-seedes, a few Coriander-seedes, Lemmon pills minst fine, Nutmegge sliced, sliced Dates, a little grosse pepper, Capers, waht cleane: put all together with six or seven yolks of new-laid Egges, hard roasted, and whole, & put them in your stiffe, and work them with Sugar, Rosewater, and Merseyce, and the Sparrow of a bone or two, Salt, and pepper, put all together into the Skin: Carrawayes and Mienge do are fittest garnish for your Dish.

To

To smooore Calves feet.

Boyle and blanch them, and lay them in faire water, and Salt, and when they are cold, cut them in the middelt, and take out the blacknesse, and put them in a Dish, with sweet Butter, mince parsley, Onyons, and tops of tyme, Carrans large Pace, Pepper, with a little Wine-Vinegar. Let all stew together untill they be ready: put in a few Barberries, chopp parsley fine, two or three yolks hard, and minst by themselves, Rose water, and sugar, and when you serue it, strewe it with parsley and hard Egges.

Another way.

Blaunch them as before, put them in a Dish with faire water and Butter, chop Lettice, and Spinage, with the back of your knife: and put them in a Dish, let them boyle with large Pace, sliced Lemmon, a few Grapes, or a stewed Cucumber sliced. Let all boyle well together with pepper: Straine into a Dish the yolkes of Egges, Merseyce, and Sugar: Straine them together when they go to the Table. This boyling will serue for

¶ 2

Peates-

Peates-feet, Sheepes-Trotters, or Hogs
feet: serbe them hot at Supper.

To hash Neates-tongues.

Boyle them, and blaunch them, and
slice them in peeces, put them into a
Pipkin with Raisins of the Sunne, large
space, Dates sliced, a few blaunched Al-
monds, and Claret-wine, boyle all toge-
ther with halfe a pound of sweet Butter,
Merjoyce and Sugar. Straine a Ladle-
full of Liquor, with the yolkes of about
halfe a dozen Egges.

The same with Chestnuts.

Serbe your tongue as before: put it in
a Pipkin with blaunched Chest-Nuts,
strong broth, a fagot of Hearbes, large
space, washt Endiue, a little Pepper, a
few Cloves, and whole Cinamon. Boyle
all together with Butter, season them
with Salt onely, garnish your Dish as
you list.

Certaine



Certaine Gellies.

Crystill Gelly.

Take a Knuckle of Veale,
& a paire or two of Calbes
feet, take out the fat be-
tween the Cleafe, wash
them in two or thre warm
waters, and let them be al night in an ear-
then pot or panne, in faire water. The
next day boyle them very tender in faire
Spring-Water, from a gallon to thre
pintes: then let the liquor stand until it be
cold in an earthen Bason, pare away the
top and bottome: and put to it a little
Rose-water, season it with double refined
sugar, then put to it half a dozen spoonfulls
of Oyl of Cinamon, and as many of Oyl
of Ginger, and halfe so much Oyle of
Butmeg, a graine of Muske tyed in a
little Lawne: when all this is boyled toge-
ther.

¶ 3

ther, put it into a Silver or earthen Dish, and so let it stand untill it be thoroughly cold, and then either serve it in slices, or otherwise if you please.

To make Gelly of Pippins, of the colour of Amber.

TAke eight faire pippins, take out the coares, boyle them in a quart of Spring-water, from a quart unto a pinte: put in a quarter of a pinte of Rose-water a pound of fine Sugar, and boyle it uncovered, untill it come to the colour of Amber: you may know when it is enough by letting a drop fall on a peece of Glasse, & if it stand it is enough: then let it runne into an earthen or silver Basen upon a Chafindish of Coales, and while it is warme, fill your Bores or Printing-moulds with a spoone, and let it stand, and when it is cold you may turne it out of your mould, and it will be printed on the upper side.

To

To make Gelly of Pippins, as orient red as Rubie.

TAke eight faire pippins, take out the coares, boyl them in a quart of spring-water, and a pound of fine Sugar, boyle it still covered close untill it be red, and in all other the operations you must doe as in the Amber coloured-Gellies, remembering alwaies that your Bore or moulds bee laid in water before you use them thre or foure houres, and the Gellie will not cleave unto them.

To make white Leach of Almonds.

TAke halfe a pound of Jordan Almonds, lay them in cold water, the next day blanch them, and beat them in a stone Morter, put in some Damask-rose-water into the beating of them: and when they be beaten very fine, draw them through a Strainer, with a quart of Sweet-milke, from the Cow: set it upon a Chafindish of Coales, with a peece of Singlas,

¶ 4

glas, a peece of whole Pace, one Nutmeg quartered, a graine of Muske tyed in a faire cloute and hang upon a threed in it : And when you see it grow something thicke, take it off the fire, and take out your whole spices, and let it run thorow a strainer, into a broad deep Dish. And when it is cold, you may slice it, & so serve it in. If you please you may cast some of it into colours, as Yellow, Greene, Red: your yellow must be Safron, or the blossomes of white Roses: the Greene, must be the iuyce of Greene ~~W~~heat: and your Red you must make with Turnsole: thus you may have Leach of foure severall colours,

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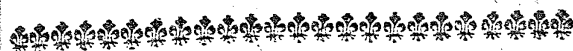
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blemans or Gentlemans table.

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the Lady Browne, Wife to the
right Worshipfull Sr Iohn Brown,
Knight, health and happinesse.

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THE last Book of this
kind which I publi-
shed (the last yeare)
having under your
name found so good
welcome at their
hands, into which it chanced, (sith it
mended their fare with their owne
food) hath now (for their further wel-
fare in the like manner) called out
this Second part, as a second service
to satisfie their more dainty desire :
In which services, such Novelties as
Time, Art, and Diligence (the Per-
fecters of each *Faculty*) doe daily de-
vise, may be seene and practised, to
give

give all contentment to the curioust
palate. And this I take to be no sin-
full curiosity, but it is rather a sin to
marre good meat with ill handling;
and so the old proverb verified; *God
sends Meat, but the Devill Cookes*:
what it is, (*Good Madam*) is altoge-
ther, with the Author, yours, though
he shew it others; that so the world
may bee thankfull to you for good
meate well drest, though at their own
cost: And let mee loose my credit
with you and the world too, if it de-
ceive their expectation, so as they
cooke it by this booke. To the tryall
whereof I referre them: recommen-
ding it and my selfe, to your Lady-
ships wonted favour, resting in all
humble service

Your Ladiships

JOHN MURRELL.



THE SECOND

Book of Cookery.

To boyle a Capon larded with Lem-
mons on the French
fashion.



Take a fat yong Capon, and
three oz soure peeces of a
neck oz bine of Mutton, &
put them together in a pot
oz Pipkin untill your Ca-
pon be tender: boyle them with as much
faire water as will cover them, then take
a pinte of the broth out from them, and
put it in another Pipkin: put in six blades
of whole Mace, as many Dates broken
in quarters, and eight lumpes of Mar-
row: then take two Hartichoake bot-
tomes cut them in square peeces oz quar-
ters:

quarters: If you have no Hartichoakes, then take Potatoes, and as much sugar as will sweeten it, boyle them on the fire, untill the Marrow be boyled, then take the yolkes of five or six Eggs, halfe a pinte of Sacke, or Muscadine, mixing in the juice of two or three Lemmons, a little Sugar, a little Amber-greece, a little Rosewater, and Salt, strain them throu a Canbis strainer, and put them into a pipkin to your Marrow, brew thē together with your Ladle, that they Cardle not. Garnish the Dish with wet Suckets and preserved Barberries, your Sippets must be dyet-bread: then take up your Capon, and take a preserved Lemmon cut in long slices, draw those slices throu the breast of the Capon thicke, lay the Capon into your garnisht Dish, and pour your broth hot on the top of the Capon: Lay on it Sucket and preserved Barberries, scrape on fine Sugar, then serve it hot to the Table.

To boyle Chickens.

Boyle your Chickens in a Skillet or green pipkin, with as much faire water as will cover them, put to two or three whole Peeces, and put into them a good

peece

peece of Butter, and a little salt, according to the quantity of your broth, one handfull of pickt Parsley, two or three sprigs of Tyme and Winter-Savory stript, bruise them together, & put them into your pipkin to the Chickens, and when the Chickens be almost boyled, put in a handfull of Gooseberries, or clusters of Grapes greene, or Lemmon payred & cut in peeces, or Barberries of the tree or out of the pickle: take any of these fruits, garnish your dish sitting for your Chickens, serve them in upon hot sippets, lay the Alters & the Gizzards with the fruit on the Chickens, scrape on fine sugar, and serve it hot to the Table.

Another way to boyle Chickens, or a Capon in white-broth.

Take and boyle in a pot or pipkin two or three small Chickens, take two or three blades of whole Pare, as many quartered Dates, three or four lumps of Marrow, a little Salt, a little Sugar, the yolkes of two or three Eggs, a quarter of a pinte of Sacke, straine your Eggs, and Sacke throu a Canbis strainer, and put them into the Chickens, brew it with your

your Ladle for curdling : slice a Lemmon rine, but first taste it, that it be not bitter, if it be, pare it, garnish your Dish with Lemmons and hard Eggs quartered, then poure the broth upon sippets, and lay in the Chickens, scrape on Sugar, and serbe it hot.

Another way to boyle Chickens, for one that is sicke, and to provoke sleepe.

Put two or three small Chickens into a green Dipkin, with as much faire water as will cover them, scumme them and put into them the top or bottome of an unchipt Manchet, two or three blades of Mace, one handfull of Raisins of the Sun, the stones pickt out, as much sweet Butter as a walnut, parboyl three or foure hard Lettices in Lettice water in a Skillet, cut them in quarters, put them to your Chickens, wring in the ioyce of a Lemmon, let him drinke the broth, and cate the Lettice with the Chickens: If the Patient be bound in the body, put not in the Butter untill the Chickens be boyled.

And

Another way to boyle them on Sorrell-
sops for him that hath a
weake stomack.

Boyle them in as much faire water as will cover them, with pickt Parsley and sweet Butter stopt in their Bellies : put into the broth, Parsley, Winter-savoye and Tyme pickt and script, a blade or two of Mace ; one handfull of green Sorrell : stamp in a wooden Dish, or stone mortar : put halfe your broth into the Sorrell from the Chickens, wring in the ioyce thowow a Canvas strainer into a pewter Dish, put in as much Butter as a walnut : a little Sugar, then set it on a chaffindish of coales, then take a deepe Dish, slice in some Manchet, cover the bottome of the Dish with them, poure the other halfe of the broth from your Chickens upon the Sippets, and lay the Chickens on them, then take your Sorrell sauce and poure it on the Chickens, scrape on Sugar, and serbe it hot to the Table.

To boyle Partridges.

Put two or three Partridges into a pirlin with as much water as will cover them

them, then take three or foure blades of Mace, one Nutmeg quartered, five or six whole Cloves, a peece of sweet Butter, two or three Manchet toasts tosted brown, soake them in a little Sacke or Muscadine, straine it thorow a Canvas strainer with a little of the broth, then put them into the Pipkin to the Partridges, boyle your Partridges very softly, often turning them untill your broth bee halfe boyled away, then put in a little Salt and a little sweet Butter: when your broth is boyled, garnish your dish with a sliced Lemmon, the yolk of an hard Egge mince small, then lay on small heapes betweene the slices of the Lemmon, then lay your Partridges in your garnisht dish upon sippets, and pour your broth hot upon them, lay upon the breast of your Partridge round slices of a Lemmon pared, mince small, and strewe on the yolk of an hard Egge: prick all over the breast of your partridges five or six wing feathers, scrape on Sugar, and serue it hot. In like manner you may boyle young Pheasants, or young Turkeys, or Peachickens, or Woodcocks, or Quails, or Larkes, or Sparrowes.

To

To boyle a Legge of Mutton on the French fashion.

Take a faire Legge of Mutton, and a piece of suet of the kidney cut in long slices as bigge as ones finger, then thrust your knife into the flesh of your Leggs down as deep as your finger is long, and thrust into every hole a slice of the aforesaid Kidney Suet, but take heed that one peece touch not another: boyle your Legge well, but not too much, then put halfe a pinte of the broth into a Skillet or pipkin and put to it three or four blades of whole Mace, halfe a handfull of Currans and Salt, boyle them untill the broth be halfe boyled away: then take it off the fire, and straight before the broth hath done boiling, put in a peece of sweet Butter, a good handfull of French Capers, and a Lemmon cut in square peeces like Dice, with the rinde on, and a little Sack, and the yolks of two hard Egges mince. Lay your Legge of Mutton with the fairest side upward upon sippets within your garnished dish: having all these things in readinesse to put into your aforesaid broth, when it comes boiling off the fire, then

poure

pour it on your Legge of Mutton hot, so scrape on Sugar, and serve it hot to the Table.

To farce a Legge of Mutton.

Cut out all the flesh at the Butte end, from a faire Legge of Mutton, but take heed you cut not the uttermost skin, mince the flesh small that you have cut out even as it were for pies, then mince among your meate foure pound of dubbing suet, so you may make of it five or six small pies, and yet there may be left enough to fill your Legge againe, but before you put it into your Pies, season it with a little white Salt, and a little Sugar, Cloves, Mace, and Nutmegges, three or foure spoonefuls of Rose-water, halfe an handfull of Carraway-seed, covered with Sugar, two pound of Currans, one of Raisins of the Sun without their Stones, five Dates minst, stirre all these betwixt your hands, and fill your Pies, bake them in a moderate Oven, for they will endure no great heat, and will be baked in an houre; then take the rest of the meat that is left, and worke it with an Egge, and put it into your Legge of Mutton where

where your meat came out. This lets you understand, you must leave out of your Pies as much as will fill your Legge of Mutton, then pick up your Legge with a pickle at the end where you put your meat in: then set it in an Oven in an earthen panne or Dish, or if you please you may put it on the spit and roast it: if you doe so, then set a dish under it and save the gravy, and if you take the thickest of the gravy that is in the bottome of the Dish, put a little White-Wine, and Vinegar, a few Warberries, and the yolke of an hard Egge minst: if you have no Warberries, then take Capers; lay your Legge on sippets, and garnish your Dish with sliced Lemmons and Warberries, or Capers, pour your sawce hot on, and scrape on Sugar, &c.

To farce a Legge of Lambe.

Cut out all the meate, as before in the Mutton, and mince it with halfe a pound of beefe Suet very small, then take two handfuls of Parsley picked cleane, halfe a handfull of Winter-Savory and Tyme picked very cleane, and mince them very small: then season your aforesaid

Lambe with halfe the hearbes, and a little Cloves and Mace, a little Sugar and white Salt, a little Salt will be enough: then put in a handfull of Currans, and worke it up with an Egge: then put halfe your meat into your Legge of Lambe, and prick up the end with a prick, and worke the rest of your meat into little round cakes, as broad as a shilling: put your Leg of Lambe into the pot, with as much Mutton broth as will cover it, if you have it not, then take faire water, and put in a little Cloves and Mace, and the other halfe of the Hearbes, and the meat that you did make in little cakes, and let it boyle with often turning it round, untill it be boyled unto a pinte: then put in three or foure spoonefulls of Vinegar, and then take up your Legge of Lambe, and put it into a boyled meat Dish upon sippets: and pour your broth and your round peeces of the meat on the top of the Lamb: then scrape on fine Sugar, and serbe it hot to the table.

To stew Trouts.

Put three or four Trouts in a pewter Dish, and a quarter of a pinte of white-
Wine.

Wine, or of Sacke, with a peece of sweet Butter, as bigge as an Egge, a little whole Mace, a handfull of Parsley, a little Savory and Tyme, mince all together, and put them into the Trouts: if you have no Wine, take faire water, and one spoonfull of Vinegar, and a little Sugar, and let these stew a quarter of an houre, then mince the yolke of an hard Egge, and strew your Trouts with it, poure the broth and Hearbes all over them, scrape on fine Sugar, and serbe it hot to the Table.

To make a farst Pudding.

Mince Mutton, Veale, or Lambe, with beefe Suet, a handfull of Parsley, a little Winter-Savory and Tyme: season your meate with a little Cloves and Mace, Salt and Sugar, worke it up like birds or little bales, or like Lemmons, put them in a pewter dish, put to them a little Mutton or fresh Beefe broth, as much as will cover them, put into the broth a little Mace, Winter-Savory Parsley and Tyme, bred small together: it must bee put in when the broth is halfe stewed, and so it will make it greene.

Garnish your dish with a sliced Lemmon
or Barberries: Lay Sippets about your
Dish, and lay your Birds or Bais on the
sippets, then put a spoonefull of Sugar,
and two of Vinegar: pour your broth on
them, scrape on fine Sugar, and serue it in
to the Table hot.

To boyle a Pike.

Turne a Pike round with his taile to
his mouth, cower it with fayre water
in a panne or in a kettle, and with it also
cast in a good handfull of white Salt, a
handfull of Rosemary, Tymme, sweet Mar-
joram and Winter-Saborie: when your
water boyles put in your Pike, and make
it boyle untill it swimme, and then it is
boyled enough, then take a little White-
Wine and Merjoyce, about the quantity
of halfe a pinte, a few Prunes, a little large
Mace, Sugar, Currans, sweet Butter, as
much as an Egge: Let all these boyle to-
gether untill your Currans be soft: then
take up your Pike and lay it upon sippets,
and if you will you may take off the scales,
but the best is to let them alone: Lay all
over your Pike parboyled Parsley, and
pickled Barberries, then take the yolkes
of

of two new-layed Egges, straine them
with a little White-Wine or Merjoyce,
and put them into your broth upon the
Pike, scrape on fine Sugar, and serue it
hot to the Table.

To farce a Legge of Mutton on
the French fashion.

Cut out all the meate of a faire Legge
of Mutton, at the butte end, mince it
with halfe a pound of Beefe-suet, take a
handfull of Parsley, six spriggs of Win-
ter-Saborie, and as many of Tymme, mince
all together very small, and put it into
your meat: then season your meat with
Cloves, Mace, Salt, Sugar, and a hand-
full of Currans: worke up your meate
and Hearbes with a couple of Egges,
and put it into the skinne of the Legge
of Mutton where you cut it out: prick
it up close with a long picke, then
take the rest of your meat, and worke one
halfe of it into little cakes, as broad as a
Shilling, let the other halfe be in little
crums like minst meate: then cower your
Legge of Mutton in faire water, in a Pot
or Pipkin, and put your round peeces of
meat and all your loose meat in, then take
fire

five blades of whole Gace, five Dates quartered, a handfull of French Capers halfe a handfull of Currans, and two spoonefuls of sugar, a little beaten Cloves and Gace, boyle all these together softly over a moderate fire, oftentimes turning your Gutton that it burne neither to the pots side nor bottome. and when it is boyled to the quantity of a pinte and a halfe, then garnish your dish with Capers and a sliced Lemmon, then mince the yolke of an Egge as small as Dice, you must take the Lemmon rinde and all, but if it be bitter, it will marre the taste of the meate, therefore pare off the yelow outside: then lay your Legge of Gutton in Sippets on your Garnisht Dish, and put into your broth a little Sacke or Mascadine, or White-Wine: if you have none of all these, then take a little Vinegar and Sugar, the quantity of the fourth part of a pinte, poure your broth on the toppe of your Legge of Gutton, then cast on it your aforesaid mince Lemmon and yolks of Egges, having them ready against your Gutton be boyled, then scrape on Sugar, and serbe it in hot: you may lay about it and upon it garnishing of past-paste, if you have

have it not ready, then a Lemmon will serbe as well.

To boyle a Carpe or a Breame.

Cher your Carpe or Breame with faire water, in a Skillet or pan upon the fire, put in a handfull of white Salt, a handfull of Rosemary, Tyme and sweete Marjoram, put in a pinte of White-wine Vinegar, or a quart of White-wine or Claret; and make it boyle: then take a faire Carpe or Breame quick, take out the Guts, and wash your fish cleane, tie it up close in a cloath, that the scales fall not off with boyling: then put it into the boyling liquoz, let it boyle untill it swimme, then take a pinte of Claret Wine, and foure races of the whitest Ginger sliced, five blades of whole Gace, a good peece of sweet Butter, and a handfull of Sugar, let it boyl untill it taste of the spices: then take up your Carpe, or your Breame, and lay it upon sippets in a Dish broad enough for your fish, and put into your Wine and spices another peece of sweet Butter, when it hath done boyling, (for then it will not bee so oily.) then poure it on the toppe of your fish, then strew on good store of

of beaten Ginger upon the Fish, being so boyled as is before shewed : scrape on fine Sugar, and serue it hot : but in any wise take heed you breake not the scales of your Fish.

To boyle a wild-Duck, Widgin, or a Teale, on the French fashion.

Dresse your Fowle, trusse up the Legges upon the backe, put it upon a Spitt, with a quicke fire, halfe roast it, and set a dish under it to save the gravy, baste it once with sweet Butter, but no oftner : when you thinke it halfe roasted, take it up and lay it in the Dish wherein you saved the gravy, launch it downe the breast with your knife, and cut up the wings broadlike a Shoulder of Mutton : then take a handfull of Parsley, five or six sprigges of Saborry, and as much Tyme, and a handfull of Raisins of the Sunne without their kernels or Stones, mince all together small, then put your Ducke or other fowle afoze named into a Pipkin, with as much as halfe a pinte of Strong Mutton broth, or fresh Beefe broth : put in a quarter of a pinte of Sacke or White-wine, then put in halfe your Herbes, and Raisins

Raisins and gravy of your Ducke into the Pipkin unto your Ducke, put in six blades of whole Mace, a little Sugar, a graine or two of Salt, let your Ducke boyle, oft turning it, untill it be halfe boyled away : in the meane while, take the other halfe of the Herbes, and Raisins, mingle them with the white of an Egge, and fry them with a little suet in a pan in round Cakes like Figges, frye them thorowly and they will be green, but burn them not. Then dish up your Ducke upon Sippets, and powre your broth upon the toppe, and lay on your round Sippets upon the breast of your Duck, scrape on Sugar, and serue it hot to the Table.

Another way to boyle small Carpes or Breames.

Scrape your Fish, and put it in a skillett or Pipkin, and halfe a Pint of faire water and as much White-wine, take the milches and refuse of your Fish, wash the cleane, and put them againe into your Fish : then put in five or six blades of whole Mace, a handfull of Parsley cleane pickt, a little Saborry, and as much Tyme strip, a good

Good peece of sweet Butter, a little Sugar: put all these into your fish, and let it boyle untill it be halfe boyled away, then put in a handfull of Gooseberrres or Grapes in clusters, or if you have neither of both, then take Barberries, or a sliced Lemmon, and straine the yolkes of three Eggs with a little Vinegar or White-wine, put it in to your broth to thicken it: then Dish up your fish with any garnishing that you have, and lay in your fish, and poyze the broth upon it, scrape on Sugar, and serbe it hot to the Table.

Another way to boyle a Legge of Mutton or Lambe.

Cut a peece of Kidney saet in square peeces of the bignesse and length of your finger, and then thrust your knife into six or seaven places of the meat, and put your peeces into the holes: boyle your Mutton or Lambe, often turning but it, take heed you oter boyle it not, then boyle a good handfull of Parsley tender, mince it small with your knife, then warme a quarter of a pinte of white-Wine Vinegar with a Chafindish of Coales, with a peece of sweet Butter as bigge as an Egge,

Egge, and put in a few clusters of Barberries, boyled or pickled: then Dish up your meat upon sippets, poure this sauce upon it, and serbe it hot.

To boyle Eeles,

Fley and wash your Celes, and cut them in peeces about a handfull long, cover them in a pot or Pipkin with water, put to them a little Pepper, and space beaten, and sixe Onyons in thin slices, a little grated bread, three or foure spoonefulls of Ale-yeast, a good peece of sweete Butter, a handfull of Parsley, a little Winter-Saborry, and as much Tymme, shzed them small, and put them in, and boyle them moderately halfe an houre: as soone as they beginne to boyle, put in a handfull of Currans well washt and pickt, and when it is boyled, put in a little Vinegar or Mercurie, and another peece of sweet Butter, and a little Salt; then lay them upon sippets, and serbe them hot to the Table.

To boyle a Rabber.

Fley and wash your Rabbet, slit the blinder legs on both sides of the back-bone

bone, turne them forward and trasse it, pꝛicke them close to the body of the Rabbit, and set the head right up, with a pꝛick right downe in the neck, then put it into a pot or Skillet, that you may turne it in and cover it with faire water, and make it to boyle: then season it with a little whole Spice, sweet Butter and Salt, and a few Carrans, a handfull of Parsley, a little Winter-Saborꝝ and Tymē, bruised with the back of a Ladle: then scrape a raw Carret, then take the yolkes of two hard Egges, a toast of manchet, straine it with a little Verjuice thorow a Strainer, and put all these into it, both to season it and to thicken it, then let it boyle leasurely with often turning it, untill your broth be halfe boyled away: then put in a little sweet Butter, a little Sugar, and a little more Verjuice, and then dish it upon sippets, and poyze your broth upon it, scrape on Sugar and serbe it hot to the Table.

To boyle Lampreys.

Wash your Lampreys, but take not out the Guts, cut them in peeces about an inch long, and put into the pot or pottet twice so much water as will
cover

cover them, season it with Pepper and Salt, thicken it with a few Onions, and a little grated bread, and a little Ale-yest, then thred a handfull of Parsley, a little Winter-Saborꝝ and Tymē small, let all boyle untill the broth be half boyled away: then put in a good peece of sweet butter, & let them boyle a little more, then serbe it either in dishes or in poyngers.

To boyle a Necke or a Loine, or a Chine of Mutton, or to boyle a Necke, or Legge, a Fillet, or a Knuckle of Veale, or to boyle a Legge or Loine of Lambe.

Cut any of these meates in so big peeces as that two or thre of them may serbe in a Dish, and put them into a Pot, with so much water as will cover them: If you have one necke of Mutton or Veal, then you may take two handfulls of Parsley, and ten sprigs of Winter-Saborꝝ, as much of Tymē: then put into these Herbs twelve reasonable great Onions, but if they be small, then take the more, grate in halfe a penny lease, put into
these

these an ounce of Cloaves and Mace, two or three coynes of Pepper, all your spices being beaten small, put in the quantity of one ounce of Sugar, and six spoonefuls of Ale-yest, and a little Salt: put all these into your meate when it begins to boyle: then let it boyle moderately untill it be halfe boyled away, often stirring it that it burne not, then put in five or six spoonefuls of Vinegar: then you may Dish it in as many Dishes as you see fitting, according to the occasions: serve it in to the boord hot.

To stew Smelts or Flounders.

Put your Smelts or Flounders in a deep dish, put to them a quarter of a pinte of Vinegar or white-wine, as much Butter as two Egges, put in a little great Pepper, a handfull of Parsley, six sprigs of Winter-Savory and as much of Tymr, shred them, & mince them small in the yolkes of two hard Egges: put in all these when you put in your fish, and let them stew, now & then turning them and your fish, and when you see them stewed, dish them upon lippets, and lay on them

them bunches of pickled barberries, scrape on Sugar, & serve them hot to the table.

To boyle Pigeons on the French fashion.

TRusse your Pigeons ready to be boyled, cover them with water, take two or three blades of whole Mace, a handfull of French Capers, a few Raisins of the Sunne, shred small three or foure Dates, broken into quarters, a good peece of sweet Butter, and a little Sugar, let them boyle halfe away, then put in the yolk of a hard Eg minst, a little sweet Butter, three or foure spoonefuls of Vinegar, as your taste shall direct you, more or lesse: garnish your dish with some of your aforesaid Egges, and take out some of your Capers out of your broth, lay them upon lippets, scrape on Sugar, & serve them hot to the Table.

Another way to boyle a pike.

TAke out the ribet out of your Pike, and wash it, and cut it in peeces all of a length, three peeces are enough, then take the middle peece and slit it downe the

back into two peces, then cover it in the pan or kettle with faire water, and boyl it with a handfull of white salt, and sweet Herbs, but not hot in your fish untill the water boyl, and then let it swimme before you take it up, for it is not enough till the: then take it up, and lay it upon sippets with the head and talle, and cut ends both together in the middle of the Dish, then lay your middle peces on each side one, with the scales upward: if it be a small Wike you may take off the scales; but if it be a great one, then let them alone, for they keepe your fish very white: boyl a good handfull of Parsley tender, & mince it fine, & put it into a Dishkin with a quarter of a pint of Vinegar, & as much sweet Butter as an Egge, eight or nine clustres of Parboyled Barberries, a little Sugar to take away the sharpnesse of your vinegar, poure it upon your dish of fish hot, but let it not boyle: scrape on Sugar, &c. You may garnish this dish with boyled Parsley, Barberries, and mince also the yolke of an Egge and strewe on it.

To

To boyle Olives of Veale.

Cut a fillet of Meale in thin slices, as broad as your hand, and then beat them with the backe of your chopping knife, then take two handfulls of Parsley, and halfe a handfull of Rosemary and Thyme, picke them and chye them small, put to them a handfull of Currans, the yolks of two or three hard Egges mince, a little Sugar: worke all these with a rawe Egge: season your peces of Meale with Spice, Pepper, Ginger, and salt: then put your farcing herbes upon your thin peces of Meale, and roule them up as big as an Egge, and prick them with a small pike, and keepe them close, then cover them in a Dishkin with faire water, with a handfull of French Aspers, and a handfull of Currans: and the other halfe of your herbes: understand that you must put but halfe your herbes to your Olives: then put in a little Pepper, Spice beaten, a little Sugar: boyl all these together, with often turning them that they burne not, and put in a good peere of sweet Butter, Vinegar, and Sugar, dish it upon sippets and serue it to the Table.

To

To

To boyle a Mullet, or a Pike.
with oysters.

TAke a faire Mullet or Pike, trusse it round, and set it on a kettle of water and throw into it a handfull of Salt, and a handfull of sweet Hearbes, and make your water boyle: then tye your Mullet or Pike in a faire cloth, and put it into your boyling liquor, and put it in a pinte of White Wine Vinegar, and let your fish boyle leisurely untill it swimme: take the ribbet and a pinte of great oysters, and as much Vinegar as their grabby, three or foure blades of Mace, a little grosse Pepper: boyle all these in a Pipkin by themselves untill your Oysters be boyled, then straine the yolkes of two or three Egges with halfe a pinte of Sacke or White-wine, put in a little Sugar, and another peece of Butter, then put in your Wine and Egges: then dish up your fish upon sippets and poyze your broth upon it: scrape on fine Sugar, and serbe it hot, &c. With this broth you may stew a Capon, but then you must take roasted Chest-nuts being roasted very tender, but not burnt, and steep them in Sacke or Claret-wine,
and

& put them into your Oysters, then dish up your Capon upon sippets, and your broth upon it: scrape on Sugar and serbe it in hot to the Table.

To boyle a tame Ducke

Cover your Ducke with faire water in a Pipkin, put in five or six blades of Mace, a handfull of Raisins of the Sun, five or six sliced Onyons, a good peece of sweet Butter: when your Duck is half boyled, put in three or four peeces of Marrow, let them boyle untill your broth be half boyled away, then put in a little Vinegar: garnish your Dish with parboyled Onyons, and Raisins of the Sunne. Lay your Duck upon sippets in your garnisht Dish, and poure your broth and Onyons upon the toppe of your Duck: scrape on Sugar and serbe it hot to the Table.

To boyle a rasher of Mutton, or of cold Lambe.

Slice cold Mutton or Lamb into thin Slices, and put it into a petoter or earthen Dish, and put to it halfe a plate of
B 4 Claret

Claret-Wine, a blade or two of Gace, a Nutmeg sliced in round slices, and a little Sugar, a little Butter, stew your Mutton untill it be thorow hot, and lay your rather upon sippets.

To boyle a Knuckle of Veale, or a necke of Mutton.

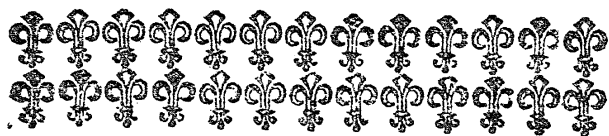
Cut your Knuckle or neck into peeces, boyle it in a gallon of faire water, put in seven or eight blades of Gace, as many peeces of whole Cinamon & Nutmegs, ten whole Cloves, a pound of Raisins of the Sunne, the stones pickt out, a pound of Currans, half a pound of French Barley cleane washt, put in all this after that your meat be ginneth to seeth, and is skimmed. If you boyle a knuckle of veale then you were best if you have it, to boyle a Parrot-bone with it: but if you boyl a necke of Mutton you need not: boyle all this untill it come to a pottle, then put in Salt by discretion, as your taste shall direct you, put in halfe a pinte of Claret-Wine, and if it be not sweet enough, you may put in Sugar: sipet it, and serve it, &c.

To

To stew the ribs of a necke of Veale in steakes.

Put the or five ribs of a neck of Veale into a pewter Dish, picke into every rib two or three Cloves, put to it halfe a pinte of Mutton or Beefe broth, foure or five blades of whole Gace, half a handfull of Currans, three or foure Dates broke in quarters, a little Saffron tye up in a cloth, a pece of sweet Butter as big as an Egge: stew these halfe away, close covered, turning them often: then put in a little Mergunce, and lay your steaks upon sippets, poyze your broth on them, scrape on Sugar, and serbe them hot to the table.

Bak't



Bak't Meates, and Kick- shawes.

To make a grand Sallet.



Take buds of al kind of good
Hearbs and a handfull of
French Capers, seven or
eight Dates cut in long
slices, a handfull of Raf-
fins of the Sun, the stones
being pickt out, a handfull of Almonds
blancht, a handfull of Currans, five or six
figs sliced, a preserved Orange cut in slices: mingle all these together with a hand-
full of Sugar, then take a faire Dish fit
for a Shouler of Mutton, set a standard of
passe in the midst of it, put your aforesaid
Sallet about this standard, set upon your
Sallet, foure half Lemmons, with the flat
ends downward, right ober against one a-
nother, halfe way betwixt your standard,
and

and the dishes side, picke in every one of
these Lemmons a branch of Rosemary,
and hang upon the Rosemary preserved
Cherries, or Cherries fresh from the tree:
set foure halfe Egges, being roasted hard,
betweene your Lemmons, the flat ends
down ward, pick upon your Egges sliced
Dates and Almonds: then you may lay
another garnish betweene the bzim of the
Dish and the Sallet, of quarters of hard
Eggs and round slices of Lemmons: then
you may garnish up the bzim of the Dish
with a preserved Orange, in long slices, &
betwixt every slice of orange, a little heap
of French Capers. If you have not a stan-
dard to serbe in: then take halfe a Lem-
mon, and a faire branch of Rosemary.

To sowce a Pigge.

Cut off the head of a faire large Pig,
and rowle him up in smal collars like
Bawne: kople it in a kettle of faire wa-
ter, twice so much as will cover him, put
in a handfull of sweet hearbes, and a hand-
full of white Salt, seaven or eight blades
of whole Mace, two or three Nutmegs
cut in quarters, thye or foure races of
Ginger

Ginger sliced, halfe a pint of white-wine Vinegar or more: let these boyle untill your Wigge be very tender, as you may easily know by your owne discretion: then take your Wig up with a scumme, and lay it upon a plate untill it be cold, then boyle your broth againe untill it come to a Bello, straine it through a Celly bag into a dish, then take your collars of Wig and pare off the toppe and the bottome, but ridge them as you doe Waxins, and cut off the skinned round about: let three of them in a dish sitting for them, but let not the one peece touch the other, then put your Celly waxins upon them, even untill they be covered, and so let them stand untill they be cold, this dish may well re-ferme to the Table three or foure times: the garnishing may be thereunto what you thinke fit or what you haue ready.

To make Puffpaste.

TAke a quart of flour, a pound and a halfe of sweet Butter, work halfe a pound of the Butter into the flour byr, betwixt your hands: then breake into the flour foure Eggs, and as much faire water as will wet it, to make it reasona-
ble

ble light paste, then worke it into a peece of a foot long, strewe a little flour on the table, that it hang not so, then take it by the end, and beat it wel about the board untill it stretch long, and then double it, and taking both ends in your hand, beate it again, and doe so fve or six times, then worke it up and rooll it abroad, and then take the other pound of Butter, and cut it in thin slices, & spred it all over the one halfe of your Paste, with your thumbe, then turne the other halfe over your buttered side, and turne in the sides round about underneath, then cross it betwene with a Rolling-pin, and so worke it fve or six times with your Water, then you may roole it broad, & cut it in foure quarters, and if it be not thin enough roole it thinner in round peeces about the thickness of your little finger, then take a Dish as broad as your peece of Paste, & strewe on a little flour on the dish, then lay on one peece of paste, & you may put into it peeces of Sparrow & Hartshoek bottomes or Potatoes, or Cringus roots: but you must roole your lumps of Sparrow in the yolkes of raw Eggs, and season them with Cinamon, Sugar, Ginger, & a very little
Salt

Salt : lay this upon your Paste, then lay your other sheet upon that dish, and close it round about the bym of your dish with your thumbe : then cut off your round with a knife close by the bym of the dish, then you may cut it crosse the bym of the dish like virginall keyes, and turne them crosse over one another : then bake them in an Oven, as hot as for small Pyes. In this manner you may make Florentines of Rice, with yolkes of Egges, boyled with Creame : Boyle the yolkes of sixe Egges with halfe a pinte of Creame, keep it with very much stirring, that it burne not, and it will turne thicke, like Curds but it will be yelow : then you may season it with Sugar, Cinamon, and a little Nutmeg, three or foure sliced Dates, put into it three or foure peeces of Almond paste, five or sixe lumps of Marrow, stirre them up together, and put them into the Florentine, then bake it in an Oven, as hot as for Pyes. If you have Rice, boyle it tender in Milke, and a blade or two of Mace, boyle it untill the Milke be boyled away, then season it with a little Nutmeg, Cinamon, and Sugar, two or three raw Egges, a little Salt, a little Rose-water,

water, a handfull of Currans, three or foure sliced Dates : you may put this in your Dish, betwixt two sheets of puff past, and bake it as before. If you have none of these, then you may take quarters of Apples, or Peares, the coares taken out, and boyled tender in Claret-Wine, then put them into the Paste, or for want of these, you may take Gooseberries, Cherries, or Damsons, or Apricokes, without the Stones, or Prunes : when you see your past rise up white in the Oven, and begin to turne yelow, then take it forth and wash it with Rose water and Butter, scrape on fine sugar, and set it into the Oven again, about a quarter of an houre : then draw it forth, and serbe it in.

To roast a Legge of Mutton, or a Cowes Udder.

Thrust your knife into the Legge of Mutton, at the butte end, the length of your finger, then take a peece of Kidney suet, and cut it in long slices & thrust into every hole of the Legge one of those peeces : prick on the outside whole Cloves : then roast your Legge tender, take a hard Lettice, a handfull of Parsley, and

and boyle them tender, then beate them with the backe of your Chopping-knife a-crosse, untill they be as soft as the pulp of an apple: then take a peece of sweet Butter as big as an Egge, and a quarter of a pint of Vinegar, and a spoonefull of powdered-Sugar: beat this upon the fire, and serbe it in unto the table hot, with your meate. Though this be excellent sauce, yet if you like it not, then you may make a Gallentine thus. Take a little Claret-Wine, and a peece of sweet Butter, grated bread, a little beaten Cinamon, and Ginger, a little Sugar, two or three cloves, a branch of Rosemary: set all these on the fire untill they boyle, and then put it into the Legge, or Udder, and serbe it hot to the Table.

To make an Olive Pie to be eaten hot.

Cut the flesh of a Legge of Meele into slices, as broad as your hand, & beat it acrosse with the backe of a chopping-knife: then take two handfulls of Parsly, seven or eight sprigs of Winter-Saborr, as many of Wyne: Strip these small, and let there be no stalkes in them. then shred them

them and put unto them the yolkes of three or four hard Eggs minst small: season your meat with Ginger, Nutmeg, Salt, and Sugar: put to your Hearbes a little Sugar, and a handfull of Currans: lay your hearbes upon your slices of Meale beaten and seasoned: then roole every peece into an Olive of the bignesse of an Eg, and lay them into a Coffin fit for your meat, and strew on them the rest of your hearbes, and a few Currans, three or four sliced Dates, three or four blades of whole Mace, a little Sugar, put in half a pound of sweet Butter, cut in slices, close up the Pie, and bake it in an Oven, as hot as for Manchet: half an hour before you serbe it to the board, put in a little white-wine or Vinegar, wash over your Pie with a little Rose-water and Butter, and strew upon it hard Sugar and floure beaten together: if any place growe presently drie, wet it again with Rose-water and Butter, and set it into the Oven again, and within a quarter of an hour it will be crisp like pce: then draw it forth, and serbe it hot to the Table.

To roast a shoulder of Mutton to serve for
either Dinner or Supper.

Roast it with a quick fire that the fat
may drop away, and when you think
it half roasted, set a Dish under it, and
flask it with a knife acrosse as you do
Pork, but you must cut it down to the
bone on both the sides, let all the gravy run
into the dish, baste it no more after you
have cut it, put unto the gravy half a
pinte of White-wine Vinegar, a handfull
of French Capers, a dozen Raisins of the
sun, the Stones being pickt out, five or six
Dates broken in quarters, five or six O-
lives sliced, five or six blades of Mace, a
handfull of powder Sugar, strew all these
untill they be half strewed away: then dish
your Shoulder, and pour this sauce on
the top of the meat, throw on Salt, and
serve it hot to the Table.

. To bake a Chicken Pie to be
eaten hot.

TRoast four or five Chickens fit to be
baked, season them with Nutmegge,
Pepper, Salt, and Sugar, put them
into

into a fit Coffin: then season seven or eight
lumps of Marrow, with Nutmeg, Cinnamon,
Salt and Sugar rowle it in yolkes
of hard Egges, it will keep them from dis-
solving: lay your marrow upon the Chick-
ens, and the yolkes of three or four hard
Egges broken in quarters, five or six
blades of whole Mace, as many quartered
Dates, a little Sugar, half a pound of
Sweet Butter: close up your Pie, and set it
in an Oven as hot as for Mince-pie, and in
one houre it will be baked, draw it forth,
and wash it with Rosewater and Butter,
and strew on flour, and Sugar, beaten to-
gether, and set it again into the Oven a
quarter of an hour, it will be like pie:
then draw it forth, and put in a little
Sack, or Muscadine, and so serve it hot
to the Table.

To roast a Neates tongue to be
eaten hot.

Boyle a fair Neates tongue tender,
blanch it and lard it on one side, prick
in some Cloves: then cut out the meat at
the great end, and mince it with a little
dubbing suet, as much as an Egge, then
season it with a little Nutmeg, and Mace,
and

and Sugar, three or four Dates minst, a handfull of Currans, halfe a preserved Orange minst small, about halfe a graine of Muske: work up your meat with the yolkes of two raw Egges, and stuffe it hard into the Tongue; then pinne over the end a peece of a Caule of Weale, or a skinny peece of Weese suet, then put it on a small spit thorow both ends, set a Dish under the meat to save the gravy, baste it with sweet Butter, and put to the gravy a little Sacke, or Muscadine and the yolk of an hard Egge minst, and the coare of a Lemmon minst: when your Peates Tongue is roasted take it up, and put it in a dish sitting for it, and put a little Sugar into the sauce, and powre it all over the Tongue, and serve it hot to the Table.

To bake a Neates Tongue to be eaten hot.

Boyle a fair Peates Tongue tender: season it as you read before in the roasted tongue: then lay in the tongue into a Coffin, made of the same fashion. Lay on it five or six blades of whole Peace, three or four quartered Dates, a little Orange cut into slices, the coare of a Lemmon sliced

sliced, half a pound of sweet Butter, a little Sugar, close up your Pie, and put it into an Oven, as hot as for Marchet: if you see it colour too fast, then take down the Oven lid: but if too slow, then lay a few coales in the Ovens mouth, in an houre and halfe it will be bak't: then take a little Sacke or Muscadine, and the juyce of a Lemmon, half a grain of Muske, a little Sugar, the yolkes of two or three raw Egges, a little sweet Butter: set this on a chafindish of coales, and stirre it, that the Egges curdle not, untill the Butter be melted, then draw it out, and cut it up, and put in your candle, scrape on Sugar, and serve it hot to the Table.

To roast a Pigge with a Pudding in his belly.

Fley a fat Pigge, and trusse his head backward, looking over his backe, lay him in a very fair Dish, for sorting: then temper as much stuffe for a Pudding, as you think will fill his belly, you must temper your pudding with grated bread, half a pound of dabling suet minst, a handfull of Currans, four or five Dates minst, Cloaves, Peace, Nutmegs, and Ginger, beaten

beaten, of each alike, and a little Sugar, and a very little Salt, you must wet your pudding with two Egges, and a little Rosewater and Sweet Creame, as much as will wet your pudding so stiffe, as that if you lay it upon a Trencher, it will not runne abroad: then put it into the belly of the Pigge, and prick up the belly close, spit it, and roast it: and when it is almost roasted, wzing upon it the iuyce of a Lemon: and when you are ready to take it up, take the yolkes of four or five new-laid Egges, a handfull of feathers, wash the Pigge with the yolkes of Egges, and while you are a washing the Pigge, let some other body bzead it after you, befoze the Egges be hard: mingle amongst your bzead a little Ginger, Pepper, and Nutmeg: let your sawce be Vinegar, Batter, and Sugar, and the yolke of a hard Egge minst: so serbe it in open your sawce hot to the Table.

To bake a Pigge to be eaten hot.

Fley a small fat Pigge, cut it in quarters or in smaller peeces, season it with Pepper, Ginger, and Salt: lay it into a

fit Coffin, strip and mince small a handfull of Parsley, fire springs of Winter Savory, strew it on the Meate in the Pie, and strew upon that the yolks of three or four hard Egges minst, and lay upon them five or six blades of Pace, a handfull of clauers of Bacherries, a handfull of Currans well washt and pickt, a little Sugar, half a pound of sweet Batter, or more: close your Pie and set it in an Oven, as hot as for Marchet: and in two hours it will be bak't: then draw it forth and put in half a pinte of Vinegar, and Sugar, being warmed upon the fire, poure it all over the meat and put on the Pie-lid again: scrape on Sugar, and serbe it hot to the Table.

Another way to roast a Legge of Mutton.

LArde a fair large Legge of Mutton, a finger deepe with the Kidney saet, cut long-wise like ones finger: prick in some Cloves, and roast it with a quick fire: when you thinke it half roasted, cut off some of the underside of the flesh end, into thinne slices: then take half a pinte of great Oysters, and the graby of them,

three or four blades of whole Mace, a peece of sweet Butter, as big as an Egge, a quarter of a pinte of Vinegar, a spoonfull of Sugar: put all these into your slices of Mutton, which you cut off the Legge, and strew them together in a Dishkin untill the liquor be halfe consumed: then dish up your Mutton being very well roasted, and pour the sauce upon the top of it: strew Salt about it, and serve it hot to the Table.

To bake a steake Pie of the ribs
of Mutton, to be
eaten hot.

Cut a neck of Mutton betwixt every ribbe, beate every ribbe with a Cleber flatlings, it will make the Mutton to eate thort: then season it with Pepper and Salt, and put it in a Coffin, lay on three or four blades of whole Mace, halfe a pound of sweet Butter, close up your Pie, and set it into an Oven, as hot as so: Manchet, in two houres it will be bak't: but in the mean time boyle a good handfull of good Hartley very tender, beate it as soft as the pulp of an Apple, put in a quarter of a pinte of Vinegar, and as
much

much White-wine or Sack, but White-wine is the better, a little sweet Butter, two spoonfulls of Sugar, put your Hartley into this liquor, beate it but warm: then you may put up your Pie, and poure this sauce all over the steakes: Make it well upon your peel, to make the sauce and the gravy mingle together: then lay on your lidds againe, scrape on fine Sugar, and serve it hot to the Table.

To roast a Neck of Mutton.

Cut alway the scragge end of a large neck of Mutton, and put a couple of pricks thorow the best end, roast it with a quick fire, but scorche it not, baste it with sweet Butter, then turning in the juyce of halfe a Lemman: when it is halfe roasted, save the gravy in a dish, being put under the meat so: the same purpose, and then baste it again with sweet Butter, and turning in the juyce of the other halfe of the Lemman: bread it with a little Manchet mingled with beaten Patmeg and Cloves, put it into a warm Dish, and put in the gravy that dropt from it: this is a sauce both wholesome and toothsome.

To

To make a Hartichoake-Pie to be
eaten hot.

Take the bottomes of four well boy-
led Hartichokes, season them with
Nutmeg, Pepper, Salt, and Sugar, then
lay them in a Colfin, in each corner one:
then lay the Marrow of four or five Mar-
row-bones (as whole as you can get them)
in warme water to take away the red-
nesse, dry them, and season them with Ci-
namon, Ginger, Sugar, and Salt, rowle
them up in the yolkes of raw Egges, and
lay them upon your Hartichoaks, and
here and there the yolk of an hard Egge,
some whole, some in halves, as your eye
shall advise you. strew on them the rest of
the seasoning: lay upon them five or six
Dates broken in quarters, five or six
blades of whole Mace and a little Sugar,
put almost a pound of sweet Butter on
the top of all: close your Pye, and set it
into an Oven as hot as for Manchet, in an
hour or little more it will be bakte: if
your Oven be over hot, it will dissolve
your Marrow, or dry it up: draw it forth
when it hath stood an hour, put in a little
Sacke or Muscadine, wet it with Rose-
water

water and Butter, strew on it a little
floure and Sugar beaten together, and set
it into the Oven againe, in a quarter of an
hour it will be hard, and crispe like pye:
draw it forth and serve it hot to the Table.

To roast a Shoulder, or Hanch
of Venison, or a Chine
of Mutton,

Take any of these meates, lard them
with French larde, and pricke them
thicke with Rose-mary, roast them with a
quick fire, but burn them not, baste them
with sweet Butter: take half a pint of
Claret-wine, a little beaten Cinamon and
Ginger, two spoonfulls of Sugar, five or
six whole Cloves, a branch of Rosemary,
a little sweet Butter, a handfull of grated
bread: let all these boyle together, untill
it be as thick as water-grewell, then put
in a little Rose-water and Muske, it will
make your Gallentine taste very pleasant-
ly, put it in a sitting dish: draw off your
meat, and lay it into the dish, strew it
with Salt.

To

To make Chewets of Veale.

Parboyle two pound of the leane flesh of a Legge of Veale, so, as that it may be eaten: pare off the outside, and mince the meat so small as grated bread, then mince six pound of Beefe suet, as small as the meate, but you must first pick out the kernels, and the skinnes, mingle them so together, as that you can see no meate in the suet: then mince a quarter of a pound of Dates small, take a quarter of a pound of Biskets and Carrawayes, two pound of Carrans cleane washt and pickt, and dyde in a fair cloth: season your meat with a little Cloaves and Mace, Nutmegge, and twice so much Cinnamon as any of the other, all by discretion, the fourth part of a pinte of Damaske Rosewater, almost half a pound of Sugar, then stirre up your meat, that it be seasoned in all places alike, the least taste of Salt that may be is enough: then raise such Pies as you may put nine or ten of them in a dish, fashion them somewhat long, and raise them higher then an ordinary Pie, fill them as full as you can with-

without disfastioning of them, with thrusting out the sides, close them with very thinne liddes, bake them in an Oven as hot as for other Pies, in halfe an houre they will be bak't: draw them out, and scrape on Sugar, and serue them hot to the Table.

To roast a Capon with Oysters,
and Chestnuts.

Boyle and pill nine or tenne Chestnuts, put them hot into Claret-wine, parboyle as many great Oysters, spit a Capon to be roasted, put the Chestnuts and the Oysters into the belly of the Capon, and stop them in with sweet Butter, roast it with as hot a fire as you can, but burn it not: baste it with sweet Butter, so soone as it droppes, save the gravy: parboyle twenty Chestnuts, and twice so many great Oysters, take halfe a pinte of Claret-wine, and a peece of sweet Butter, & a little grosse Pepper, stew the Oysters and parboyled Chestnuts in the Wine, with Butter, untill it be halfe consumed: then put the gravy of the Capon into your sauce, and the sauce into a faire Dish: bready up your Capon,
and

and lay it on the sauce, sprinkle Salt, and serve it in hot to the Table.

To bake a Quince or a Warden Pie,
so as the fruit may be red,
and the crust pale
and tender.

PAre fair pear Quinces or Wardens,
and set them into an earthen panne,
with the crowns upward, put to them a
little Claret-wine, and a grain of Muske
or more, according to the quantity of the
fruit, put in a little Sugar, cover them
close with a sheet of Paste, set them into
a Bakers Oven with wheaten bread, but
not household bread, for then they will be
burnt and dry: when they have stood three
or four houres in the Oven, they will be
very red and tender, then you may keep
them a week or more for use: when you
have occasion to make your Pie, take
Butter, and the yolkes of Eggs, and
make short Paste, and raise a Coffin fit for
your stuffe, one by another, put in whole
Cloves, and a little whole Cinamon,
poure in some sirrup from their former
baking, or if you want it, then put in Cla-
ret-

ret-wine, and more Sugar, set them in an
oven as hot as for Pies, and in one hour
they will be baked, and your fruit orient
red. Remember before your first baking,
that you coat your Quinces.

To roast a Shoulder or a Fillet
of Veale with farcing
herbes.

With your meate, and parboyle
it a little, strip two handfull of
Parsley, Winter Savory a handfull,
and some Tyme: mince these herbes
small, put to them the yolkes of three or
four hard Egges minst, Nutmeg, and
Pepper, Currans a good handfull, work
all these with the yolke of a raw Egge:
make holes as deep as your finger all over
your meat, fill them with the Herbes:
roast it with a quick fire, let the gravy
of the Herbes drop on the Herbes
lest, baste your meate with sweet Butter:
when it is almost roasted, put the herbes
and gravy to a quarter of a pinte of
White-wine Vinegar, and a good spoon-
full of Sugar, let them boyle untill you
take up the meate, and when it is in a fit
dish,

Dish, powre the sauce all over the meate, and strew it with Salt, and serue it hot to the Table.

To fry Calves feet, or Trotters.

Shred a handfull of young Parsley very small, and beate it between three or four raw Egges, season it with a little Nutmeg and Sugar, a corn of Pepper, and a little Salt: boyle your feet tender, and slit them in halbes, rowle three of these halbes into the aforesaid Parsley and Egges: beate your frying panne with sweet Butter, or suet, slide your feet and Egges with the flat side downward, when the Butter is hot: if you have any Currans, put a handfull into your Egs and Parsley, they will aske no more frying then an Egge: when the under side is yellow, turne them every one by it selfe, as you doe Egges, Dish them upon sippets, with that side outward that you slide first, boyle young Parsley tender, and beate it untill it be like the pulp of a roasted Apple, put to it a quarter of a pinte of Vinegar, two Spoonfulls of Sugar, a peece of sweet Butter, beat them well, and powre them

them on the the feet, scrape on Sugar, and serue it hot to the Table.

Buttered Loaves.

Seaon a pottle of flour with Cloves, Spice, and a little Pepper, mingle it with Milke warme from the Cow, take half a pound of sweet Butter melted, halfe a pinte of Ale-yeast, two or three raw Egges, temper your flour with these things, to the temper of Panchet paste, then make them up in little spanchets about the bignesse of an Egge, flat them, cut them and pricke them, set them on a paper, and bake them like Panchet, let the Oven slide be down: but if something be in the Oven that requireth longer or more heates, then cover them with a paper, in an hour they will be thorowly soakt: then melt a pound of sweet Butter, with some Rose-water in it, draw forth your loaves, and pare away the crasse, slit them thorow betwixt the top and the bottome, in two places, and they will be like three round toasts: put them into the melted Butter, & turn them over and over in the Butter, then take warme Dish, and put in the bottome

in peeces

peeces of the loaves, strew on Sugar of a good thickness, then set on the middle peeces, and serbe them likewise: lastly put on the tops, and scrape on Sugar on them also: so you may set on three, four, five, six, or more in a dish. If you be not ready to send them in, then set them in the Oven mouth, with a paper over them, to keep them from drying.

To fry sheeps tongues, Deers tongues,
or Calves tongues.

BReake three or four Egges with Nutmeg, Cinamon, Sugar, and Salt: put to them a handfull of Currans: pill the Tongues, and slice them in thinne slices: put them into your Egges: and when your frying pan is hot with Butter, or sweet lard, cut the coare of a Lemmon in square peeces, like dice, and put it into your Egges and tongues, but not before you be ready to put the meate in to the pan, for then it will make them curdle: then fry them in Spoonfulls like Eggs on both sides, the least burning takes away all the good tast of all the other things: fry them, and dish them upon sippets,

or

upon thinne Panchet toasts fride with sweet Butter. Let your sawce be Sacke, or White wine, sweet Butter, and Sugar, heat it hot, and poure it on the top of your Tongues: scrape on sugar, and serbe it hot to the Table.

Boyled Sallers.

SCrab boyld Carrets, being ready to seate, and they will be like the pulp of a roasted Apple, season them with a little Cinamon, Ginger, and Sugar, put in a handfull of Currans, a little Vinegar, a peece of sweet Butter, put them into a Dish, but first put in another peece of butter, that they burn not to the bottome: then strew your roots in the Dish a quarter of an hour: if they beginne to be dry, put in more Butter: if they be too sweet, put in a little more Vinegar. The same way you may make a Sallet of Beetes, Spinnage, or Lettice boyled: beat any of these tender, like the pulp of a roasted Apple, and use them as before shewed.

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A bak't Pudding after the Italian fashion.

Pare off the crusts from a penny white loafe, cut it in square peeces like dice, put to it halfe a pound of dubbing suet minst small, half a pound of Raisins of the Sun, the Stones taken out, two Dunces of Sugar, five or six sliced Dates, a grain of Muske, five or six lumpes of Sparrow: season these with Cloves, Spice, Nutmeg, and Salt, but a very little Salt is sufficient, beat a couple of Egges, with four or five spoonfulls of Creame, powre it upon your seasoned bread, and stirre it very gently for breaking, so as the peeces may be but wet, but not so wet that you can see any moisture in them: lay a Rometwater in the bottome of the Dish, or some other soft Apple pared, and sliced thinne, put your Pudding also upon the Apple, and so set the Dish into an Oven, as hot as for Marchet, or small Pies. When you see it rise yellow, take down your Oven lidde to coole your Oven, it will be bak't in half an hour: if the Oven be too hot, it will be burnt, if it be too

cold

cold, it will be too heavy: when it is bak't draw it forth, and scrape on Sugar, and serve it hot to the Table.

To make Puffes.

Set the best new Milke together, as a Cheese is made with Runnet, and when it is runne, take the Curds, and straine the Whey clean from them, then season your Curds, with a little Ginger, Cinamon, Sugar, and Nutmeg, put in a little Rosewater, Muske and one Egge, but the yolkes of two: temper it with as much fine flower as will make it leeth paste, as leeth as you can worke it, then butter a white Paper, make them into flat balls, about the bignesse of a great table man, and set them into an Oven as hot as for Marchet, upon the buttered paper, or rather the Oven must be as hot as for small Pies: a quarter of an hour after you may take them out, and dip them in Butter melted with Rose-water, scrape on fine Sugar, and set them into the Oven againe: beware of burning them: when you see time draw them again

It 3

and

and put as many of them in a Dish as you think fit: they will Wine, and be crispe.

Blanct Manchet, to be made in a Frying-pan.

BReake eight or nine Egges, take away the whites of four of them, beate them with halfe a pinte of sweet Cream: put to them halfe a penny Manchet grated, and put to it two ounces of Sugar beaten, Nutmeg and Mace, a little Rose-water: fry these with sweet Butter, even as you would fry a Tansy: but let it be a small frying-pan, that it may be the thicker, beware you burn it not: and when it is fride, wash it over with a little Sack, and the juce of a Lemmon: scrape on Sugar, and serbe it in hot upon a plate, even as a Tansy.

To make Peascods, or Dolphins of Marrow, or of roasted kidney of Veale,

SSeason parboyled Marrow with Sugar, Cinamon and Ginger, rowle it up in the

the yolke of a raw Egge: then take a peece of thort paste rowled very thin, then floure your Dolphin or Peascod mold and lay your peece of paste upon it, then fill the mould upon the paste with your Marrow, or roast kidney mince, and seasoned with the aforesaid seasoning, and faire parboyled Carrans, being wrought with the yolke of a raw Egge: when you have filled your moulds with either of these meates upon the paste, round about close by the meate, then lay another sheet of paste on the meate, and close it downe with your finger to the wet paste, then pinch off the paste close by the mould with your Thumbe, and then turne out your Dolphins or Peascods upon a paper, then fry them with a good deale of sweet Suet, but let your Suet be hot before you put them in, or else it will make your paste heavy: when you have fryde them on the one side, turn the other, but fry that side last that you serbe upward unto the Table: then take them out of that hot Larde, and dish them upon a warme Dish and plate, scrape on Sugar, and set it against the fire, or in a warme Oven, that you may serbe them hot, for if you let them

them lie still in the Fryng-pan, they will dzynde up the suet, and be both heavy, and of an ill taste: take heed also in any wise that you turn them oft, for they will endure no hot fire.

To make a Livery
Pudding.

Boyle a Hogges liver very dry, when it is cold grate it, and take as much grated Manchet as Liver, sift them thorow a coarse Sieve or Collinder, and season it with Cloaves, Mace, Cinamon, and as much Nutmeg, as of all the other, halfe a pound of Sugar, a pound and halfe of Currans, half a pinte of Rose-water, two pound of Beef Suet minst small, eight Egges, put away the whites of four: temper your Bread and Liver with these Egges, Rose-water, and as much sweet Cream as will make it something thicke: then cut the small guts of a Hogge about a foot long, fill them about three quarters full of the aforesaid stuffe, tie both ends together and boyl them in a kettle of fair water, with a pewter Dish under them, with the bottome upward, and

it will keep your Paddings from breaking: when the water seetheth put in your Paddings, let them boyle softly a quarter of an houre, and take them up: and so you may keep them in a Dye trug a week or more: when you spend them, you must boyle them.

To make Rice Paddings.

Boyle halfe a pound of Rice with three pintes of milke, a little beaten Mace, boyle it untill your Rice be dry, but never stirre it, but if you chance to stirre it, then you must stirre it continually or else it will burne: powze your Rice into a Collinder or else into a Strainer, that the moisture may runne cleane from it: then put to it six Egges, and put away the whites of three, halfe a pound of Sugar, a quarter of a pinte of Rose-water, a pound of Currans, a pound of Beefe suet shred small, season it with Nutmeg, Cinamon, and a little Salt, stirre all this together with a spoon thinne, dry the smallest guts of a Hogge in a fair cloth being watered and scoured fit for the Paddings, and fill them
three

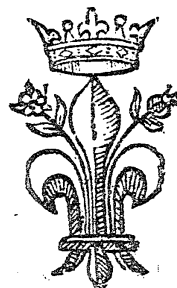
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three quarters full, and tye both ends together, let them boyle softly a quarter of an hour or scarce so much, and let the water boyle before you put them in, and doe as in the other Boddie last spoken of.

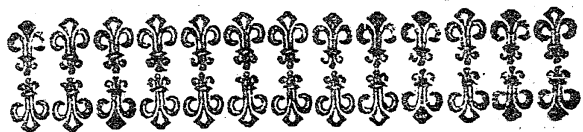
The end of the Books of
Cookery.

A

A NEW
BOOK
OF
CARVING
AND
SEWING.



LONDON,
Printed for *Richard Marriot*, and are to be
sold at his shop in *St. Dunstons*
Churchyard in *Fleetstreet*. 1650.



Terms of a Carver.



Reak that Deer, leach
that Brawn, rear
that Goose, lift that
Swan, sawce that
Capon, spoil that
Hen, trust that Chic-
ken, unbace that
Gallard, unlace that
Cony, dismember that Herne, display that
Crane, disfigure that Peacock, unjoynt
that Bisturn, untach that Turlew, allay
that Feasant, wing that Partrich, wing
that Quaille, mince that Plover, thie that
Pigeon, border that Pasty, thie that
Woodcock, thie all manner of smal Birds.

Timber the Fire, tire that Egge, chine
that Salmon, string that Lampy, splat
that Pike, sawce that Blace, sawce
that Vench, splay that Bieme, side that
Haddock, tuske that Barbell, calpon that
Troat,

Tronte, Anne that Chebue, tranfen that Cele, franch that Sturgtion, underfranch that Porpas, tame that Crab, barbe that Lobster.

The office of the Butler and Pantler,
Yeoman of the Cellar and Ewry.

Thou shalt be Butler and Pantler all the first year, and yee must have three pantry knives, one knife to square Trencher-loaves, another to be a Chipper, the third shall be sharp for to make smooth Trenchers: then chip your Sovereignes bread hot, and all other bread let it be a day old, household bread three days old, Trencher bread four days old, then look your Salt be white and drye, the powder made of Ibozy two inches broad, and three inches long: and look that your Salt-celler lid touch not the Salt: then looke your table cloathes, towells and napkins be fair soulded in a chest or hanged upon a pearch, then looke your Table knives be faire polished, and your spoones cleane, then looke you have two Carriozs, a more and a lesse, and wine cannels of bore, made according, and a sharp gimlet and saws:

cels: And when ye set a Pipe on broach, doe thus, set it four fingers broad above the neather chine upward a staunt, & then shall the lees never artle. Also look ye have in all seasons Butter, Cheese, Apples, Peares, Nuts, Plums, Grapes, Dates, Figs and Rastins, Compost, green Ginger, Chard, and Quince. Serbe fasting, Butter, Plums, Damsons, Cherries, and Grapes: After meat, Peares, Nuts, Strawberries, Huttleberries and hard Cheese: Also Blandzels, or Pippins with Carrawies in Confects: after Supper roasted Apples and Peares, with blancht powder, and hard Cheese: beware of Cow-cream and of Strawberries, Huttleberries, Juncat for Cheese will make your Sovereigne sick, but let him eat hard Cheese.

Hard Cheese hath these operations: it will keep the Stomach open, Butter is wholesome first and last, for it will doe away all poysons: Milke, Creame, and Juncate they will close the Gate, and so doth a posset, beware of greene Sallets and raw fruits, for they will make your Sovereigne sicke, therefore let not much
by

by such meates as will set your teeth on edge, therefore eate an Almond and hard cheese. Also of diuers drinks if their sumostities haue displeased your Soberaign, let him eate a raw Apple, and the sumostities will cease.

Measure is a merry meane, and if it be well used, Abstinence is to be praised when God therewith is pleased.

Also take good heed of your wines ebery night with a candle, both red Wine, and sweet Wine, and look they rebopple no; leake not, and wash the pipe heads ebery night with cold water, and looke pee haue a clenching iron, ads, and linnen cloathes if need be, and if they rebopple, pee shall know by the hissing, therefore keep an empty pipe with the lees of coloured Rose, and draw the rebopled Wine to the lees, and it shall help it, and if the sweet Wine pale, draw it into a Romney Wessell for keeling.

Also look your compost be faire and cleane, and your Ale sibe dates old ere men drinke it, then keep your house of office cleane, and be courteous to answer to each person, and look pee gibe no person no pal'd drink, for it will breed the scab.

And

And when pee lay the cloth, wipe the board cleane with a cloth, then lay a cloth (a couch it is called) take your fellow the one end, and hold you the other end, then draw the cloth straight, the bought on the utter edge, take the utter parts and hand it even, then take the third cloth and lay the bought on the inner edge, and lay estate with the upper part halfe a foot broad, then cover the Cupboard and thine Cwyp, with the Towel of Diaper, then take thy Towel about thy neck, and lay the one side of the Towel upon thy left arme, and thereon lay your Soberaignes Napkin, and lay on thine arme seven Loaves of Bread, with thye or four Trencher Loaves, with the end of the Towel in the left hand, as the manner is, then take thy Salt-celler in thy left hand, and take the end of the Towel in your right hand to beare in Spooones and Knives, then set your Salt on the right side where your Soberaigne shall sit, and on the left side your Salt, set your Trenchers, then lay your Knives, and set your Bread one Loafe by another, and your Spooones, and your Napkin faire folded be sibe your Bread, then cover your

L

bread

bread and trenchers, spoones and knifes, and at every end of the Table, set a Salt-seller, with two trencher Loaves, and if yee will wrap your Soberaignes Bread stately, yee must square and proportion your Bread, and see that no Loafe bee more then another, and then shall ye make your wrapper mannerly: then take a Towell of reines, of two yards and a half, and take the Towell by the ends double, and lay it on the Table, then take the end of the bought, a handfull in your hand, wrap it hard, then lay the end so wrapped between two Towels, upon that end so wrapped. This being done, lay your bread bottome to bottome, six or seven loaves, then see you set your Bread mannerly in good forme, and when your Soberaignes Table is thus arrayed, cover all other boards with Salt, Trenchers and Cups: also see thine Chopp be arrayed with Basons and Civers, & waiter hot and cold, and see ye have Napkins, Cups, spoons, and see your Pots for Wine and Ale be made clean, and to the surnape make the curtessie with a cloth under a faire double nappe: then take the Towels ends next you, & the utter end of

the Cloth on the utter side of the Table, and hold these three ends at once, and fould them at once, that a pleat passe not a foot broad, then lay it even where it shoul d lie: and after meat wash with that, that is at the right end of the Table, yee must guide it out, and the Marshall must convey it and look to each cloath, the right side be outward, and draw it straight: then must yee raise the upper part of the Towell, and lay it without any groaning, and at every end of the Towell yee must convey halfe a yerd that the Server may take estate reverently, and let it be, & when your Soberaigne hath washed, draw the surnape even, then bear the surnape to the middest of the board, and take it up before your Soberaigne, and bear it into the Chopp againe, and when your Soberaigne is set, look your Towell be about your necke, then make your Soberaigne curtessie, then uncover your Bread and lay it by the Salt, and lay your Napkin, Knife and spoone afoze him, then kneele on your knee till the purpaine passe eight Loaves and look yee set at the ends of the Table your Loaves at a pesse, and see that every person have a Napkin and a spoone, and

waite well to the Server how many Dishes be covered, and so many cups cover yee, then serue ye forth the Table mannerly, that every man may speake of your courtesie.

Of the Sewing of Flesh.

The Server must seue, and from the board conuey all manner of pottages, meates and sauces, and every day commune with the Cook, and understand and wit how many Dishes shall be, and speak with the Waiters and Officers of the Spicery for fruits that shall be eaten fasting. Then goe to the board of Sewing, and see ye haue Officers ready to conuey, and seruants for to beare your Dishes. Also if the Marshall, Squires, and Sergeants of Armes be there, then serue forth your Sovereigne without blame.

Service.

First set yee forth Mustard & Bratton Pottage, Beef,utton, stewed Phoenix, Swan, Capon, Pig, Venison, Hare, Custard

Custard, Leach, and Lombard, Fruiter haunt, with a subtilty two pottages blanch manger and gelly. For standarde Venison, roast Kid, Falone, and Come, Bustard, Storke, Crane, Peacock with his taile, Hernefele, Bitturn, Woodcock, Partrich, Plover, Rabbits, great Birds, Larks, Doncets, Pampusse, white Leach, Amber, Gelly, Cream of Almonds, Curlew, Biew, Snite, Quail, Sparrow, Martinet, Pearch in Gelly, petty Verbis Quince bakte, Leach Dewgard, Fruiter, Fage, Blandzels or Pippins with Caraway in Confects, Waters and Apocras they be agreeable. Now this feast done, toyd yee that Table.

Of the Carving of flesh.

The Carber must know the Carbing, and the faire handling of a knife and how he shall fetch all manner of Fowle: your knife must be faire and your hands must be cleane, and passe not two fingers and a Thumbe upon your knife. In the middest of your hand set the haff sure, unlasling the mincing with two fingers and Thumbe, Carbing of Bread, laying and bopding of Crams with two Fin-

ger and a Thumbe: look yee haue the care, set neber on Fish, Flesh, Beast nor fowle, moze then two fingers and a Thumbe, then take your loafe in your left hand, and hold your knife surely, embzein not the Table cloth, but wipe upon your Napkin, then take your Trencher loaf in your left hand and with the edge of your Table-knife take up the Trenchers as nigh the point as you may, then lay four Trenchers to your Soberaigne one by an other, and lay thereon other foure Trenchers, or else twaine, then take a Loafe in your left hand and pare the loafe round about, then cut the ober crout to your Soberaigne, and cut the neather crout and hold the paring, and touch the loafe no moze after it is so serued, then clense the table that the Seruer may serue your Soberaigne.

Yee must also know the sumosities of Fish, Flesh, and Fowles, and al manner of Saluces according to their appetites these be the sumosities: Salt, soure, restie, fat, fryed, sinewes, skinnes, bonys, croups, young feathers, heads, pigeons bones, and all manner of legges of beasts and fowles to the other side, for these be sumosities, lay them neber to your Soberaigne.

Service

Service.

TAke your knife in your hand and cut Bacon in the Dish as it lyeth, and lay on your Soberaignes Trencher, and les there be Mustard.

Menison with sumity is good for your Soberaigne, touch not the Menison with your hand, but with your knife, cut it out into the sumity, doz in the same wise with Peason and Bacon, Beefe, Hen and Mutton: pare the Beefe, cut the Mutton and lay to your Soberaigne: be ware of sumosities, salt, sinew, fat, restie, and raw. In Sirrup, Whelant, Partrich, Stockedove, Chickens, in the left hand take them by the Winton, and with the forepart of your knife lift up your wings, then mince it into the sirrup, beware of skin, raw and sinew: Goose, Teale, Mallard and Swan, raise the Legges, then the wings, lay the body in the midst or in any other Platter, the wings in the middest, and the legges after, lay the Watone between the legges and the wings in the platter: Capon or Hen of Greece, lift the Legges, then the wings, and cast on wine or ale, then mince

the wing and give your Sovereaigne: Feasant, Partrich, Plover, or Lapwing, raise the wings and after the legges, Woodcocke, Bitturn, Egret, Snite, Curlew and Berneselew, unlace them, breake off the pions, and break the neck, then raise the legges, and let the feet be on fill, then the wings. A Crane raise the wings first, and beware of the trump in his brest; Peacock Stork, Bustard, and Shobillard, unlace them as a Crane, and let the feet be on fill, Quaille, Sparrow, Larke, Martinet, Pigeon, Swallow and Thrush, the legs first, then the wings: Falone, Kid, and Lamb, lay the Kidney to your Sovereaigne, then lift up the Shoulder, and give to your Sovereaigne, a rib. Venison roast, cut it in the Dish, and lay it to your Sovereaigne: a Conny, lay him on the backe, cut away the vents between the hinder legges, breake the cornell bone, then raise the sides, then lay the Conny on the wombe, on each side the chine, the two sides departed from the Chine, then lay the bulke, Chine, and sides in the Dish: also pee must mince foure Lesses to one moyzell of meate, that your Sovereaigne may take it in the sawce. All harte meates that be hot open them above

the

the Cossing, and all that be cold open them in the midway. Custard, cheek them inch square, that your Sovereaigne may eate Doucets, pare away the sides and the bottome, beware of fumositties, Fruter vaunt, Fruters they say be good, better is Fruter Pouch, Apple Fruters be good hot, and all cold touch not. Tansy, is good hot. Worms of grewell, of Beef, or of Mutton is good, Billy, Moxtras, Cream of Almonds, Blanch Manger, Fussell and Charlet, Cabbage and Umbles of a Deer be good and all other pottage beware of.

Sawce for all manner of Fowles.

Mustard is good with Brawn, Beef, Machine of Bacon & Mutton: Verjuyce good to boyl Chickens, and Capon: Swan with Chaldrons: ribs of beef, with garlick: Mustard, Pepper, Verjuyce, Ginger, sawce of Lamb, Pig & Falone: Mustard & Sugar, to Feasant, Partrich and Conny: sawce Gamlin, to Berneselew, Egript, Plover, and Crane, Brew and Curlew, Salt, Sugar, and water of Camel, Bustard Shobillard, and Bitturn sawce, Gamlin, Woodcock, Lapwing, Larke, Quaille.

Mar -

Martinet, Wenison, and Snite, with white salt: Sparrowes and Throstles, with salt and Cinamon: thus with all meates, sawce shall have the operation.

Of the Feasts and service from Easter unto Whitsontide.

On Easter day, and so forth to Pentecost, after the serving of the Table, there shall be set Bread, Trenchers and spoones after the estimation of them that shall sit there, and thus you shall serve your soveraigne: lay Trenchers, and if he be of a lower degree or estate, lay five Trenchers, and if he be of a lower degree, four Trenchers, and of a lower degree, three Trenchers, then cut bread for your Soveraigne, after yee know his conditions, whether it be cut in the midst or pared, or else to be cut in small peeces, also you must understand how the meat shall be served before your Soveraigne, and namely on Easter day, after the governance and service of that Countrey where yee were borne. First on that day yee shall serve a Calfe sodden, and sodden Egges with greene sawce, and set them before

before the most principall estate, and that Lord because of his high estate shall part them all about him, then serve pottage, as Morrs, Rootes, or Brewis, with Beefe, Mutton, or Veale, and Capons, to be coloured with Saffron, and baked meates, and the second course. Tussell with Mameyn, and roasted Endowed, and Pigeons, with Bakte meates, as, Tarts, Thewets, and Flaunes, and other, after the disposition of the Cookes, and at Supper time divers sawces of Mutton or Veale in broth, after the ordinance of the Steward, and then Chickens with Bacon, Veale, roast Pigeons, or famed, and laid roast with the head, & the portenance of Lamb, and Pigs feet with Vinegar and Parsley thereon, and Tansley fryed, and other bakte meates: yee shall understand this manner of service, dureth to Pentecost, save fith dayes.

Also take heed how yee shall array these things before your Soveraigne. First yee shall see there be Greensawce of sorrell or of Wines, that is, hold a sawce for the first course and yee shall beginne to raise the Capon.



A generall Table of direction
for the order of Carving up of
Fowle, to direct them which
know not, and are wil-
ling to learn.

Lift that Swan,



The manner of cutting up of
a Swan, must be to slit
her right down in the mid-
dle of the breast, & so cleane
thorow the back, from the
neck to the rumpe, so part
her in two halves, but you must do it clean-
ly and handsomely, that you break not, nor
tear the meat, then lay two halves in a fair
Charger, with the slit sides downward,
thorow salt about it, and set it again on the
Table. Let your sauce be chaldyon for a
Swan, and serbe it in satucers.

Reare

Reare the Goose.

You must breake a Goose up contrary
to this fashion. Take a Goose being
roasted, and take off both the Legges
saire like a shoulder of Lambe, take them
quite from the body, then cut off the belly
peece round, close to the lower end of the
breast, then lace her down with your knife
clean thorow the breast, on each side your
Thumbs breadth from the bone in the
middle of the breast. Then take off the
pinion of each side, and the flesh which
you first laced with your knife, raise it up
clean from the bone, and take it cleane
from the carkasse with the pinion. Then
cut up the bone which lyeth before in the
breast which you commonly call the Mer-
ry-thought, the skin and the flesh being up-
on it. Then cut from the breast bone ano-
ther slice of flesh clean thorow, and take
it clean from the bone: then turne your
carkasse, and cut it asunder, the backe
bone above the loyne bones. then take
the Rump end of the Back-bone, and
lay it in a fair Dish: with the skinny side
upward

upward, lay at the fore-end of it the *Perry-thought*, with the skinn-side upward, and before that the apron of the Goose: then lay your *Pintons* on each side contrary, set your legges on each side contrary behinde them, that the bone end of the legges may stand up crosse in the middle of the Dish, and the wing *Pintons* may come on the outside of them. Put under the wing *Pintons* on each side the long slices of flesh which you cut from the breast-bone, and let the ends meet under the legge-bones, and let the other ends lie cut in the Dish betwixt the Leg, and the *Pinton*: then poure in your sauce into the Dish under your meate, then thro' on Salt, and set it on the Table.

To cut up a Turkey or Bastard.

You must raise up the Leg very faire, and open the joynt with the point of your Knife, but take not off the Legge: Then lace down the breast with your Knife on both sides, and open the breast *Pinton* with the Knife, but take not the *Pinton* off, then raise up the *Perry-thought* betwixt the breast-bone and the
top

top of the *Perry-thought*, then lace down the flesh on both sides of the breast-bone, then raise up the flesh called the *braw*, and turne it outward upon both sides, but breake it not, nor cut it not off, then cut off the wing *Pinton*, at the joynt next to the body, and sticke on each side the *Pinton*, in the place where yee turned out the *brawne*, but cut off the sharp end of the *Pinton* and take the middle peece, and that will fit just in the place.

You may cut up a Capon or Pheasant the same way: but of your Capon cut not off the *Pinton*, but in the place where you put the *Pinton* of the Turkey, you must put the *Gizard* of your Capon, on each side halfe.

Dismember that Herne:

You must take off both the legges, lace it down to the breast with your Knife on both sides, and raise up the flesh, and take it clean off with the *Pinton*. Then you must stick the head in the breast, and set the *pinton* on the contrary side of the carcase: and the leg on the other side of the carcase, so that the bone ends may
meet

meet crosse over the carkaffe, and the other wing crosse over upon the top of the carkaffe.

Unbrace the Mallard.

Raise up the Pinton and the Legge, but take them not off, and raise the perri thought from the breaſt, and lace it down on each ſide of the breaſt with your knife, bending to and fro like waves.

Unlace that Conny.

Turn the backe downward, and cut the belly flaps cleane off from the Kidney, but take heed you cut not the Kidney, nor the flesh. Then put in the point of your Knife between the Kidnies: and loosen the flesh from the bone on each ſide of the bone, then turne up the back of the Rabbet, and cut it crosse between the wings, then lace it downe close by the bone, with your Knife on both ſides, then open the flesh of the Rabbet, from the bone, with the point of your Knife against the Kidney: and pull the Legge open ſoftly with your hand, but plucke it not off, then

then thrust in your knife betwixt the ribs and the Kidney, and slit it out, then lay the legges close together.



Of the Carving of all manner of Fowles.

Sawce that Capon.

Take up a Capon, and lift up the right legge and right wing, and so array forth, & lay him in the platter as he should ſlie, and ſerue your Sovereaigne, and know well that Capons, or Chickens be arrayed after one ſawce, the Chickens shall be ſawced with greene ſawce or Merjuyce.

Allay that Fesant.

Take a Fesant, raise his legges and his wings as it were a Hen, and no ſawce but only Salt.

Wing that Partridge.

Take a partrich, & raise his legs and his wings as a Henne, if yee mince him, ſawce him with Wine, Powder of Ginger,

ger, and salt, then set him upon a Chaffin dish of coales to warme, and serbe it.

Wing that Quaille.

Take a Quaille and raise his legges and his wings as a Hen, and no sawce but Salt.

Display that Crane.

Take a Crane and unfold his legges, and cut off his wing by the joynts, then take up his wings and his legges, and sawce them with powder of Ginger, Mustard, Vinegar and Salt.

Dismember that Heron.

Take a Heron and raise his legges and his wings as a Crane, and sawce him with Vinegar, Mustard, Powder of Ginger and Salt.

Vnjoynt that Bittorne.

Take a Bittorne and raise his legges and his wings as a Heron, and no sawce but Salt.

Breake that Egripr.

Take an Egripr and raise his legges and his wings as a Heron, and no sawce but Salt.

Vntach that Curlew.

Take a Curlew and raise his legges and

and his wings as a Henne, and no sawce but Salt.

Vntach that Brew.

Take a Brew and raise his legges and his wings in the same manner, and no sawce but onely Salt, and serbe it to your Soberaigne.

Vnlace that Conny.

Take a Conny and lay him on the back, and cut away the vents, then raise the wings and the sides, and lay bulke, chine, and sides together: Sawce, Vinegar and Powder of Ginger.

Breake that Sarcell.

Take a Sarcell or Teale, and raise his wings and his legges, and no sawce but onely Salt.

Mince that Plover.

Take a Plover and raise his legges and wings as a Hen, and no sawce but onely Salt.

A Snite.

Take a Snite and raise his wings, his legs and his shoulders, as a Plover, and no sawce but Salt.

Thie that Woodcock.

Take a Woodcock and raise his legges as a Hen, this done dight him the braine.

From the Feast of Whitsonide unto
Midsummer.

In the second course for the meates before sayd yee shall take for your sauces, Ale, Wine. Vinegar, and powders after meate, but Ginger and canell from Pentecost to the Feast of S. John Baptist.

The first course shall be Weese and Gouton with sodden Capons, or roasted, and if Capon be sodden, array him in the manner aforesaid, & when he is roasted, thou must cast on Salt, with Wine or with Ale, then take the Capon by the legs, and cast on the sauce, and breake him out, and lay him in a Dish as he should ste, first yee shall cut the right leg & the right shoulder, & betweene the foure members lay the brastone of the Capon with the croupe in the end betweene the legs, as it were possible for to be joynd together, and other bakte meates after. And in the second course, pottage shall be Fissell Charlet or Mertrus, with pong Geese, Weale, Porke, Pigeons, or Chickens roasted with Pam-passe, Fritters, and other bakte meates after the ordinance of the Cooke. Also
the

the Goose ought to be cut member to member, beginning at the right legge and so forth under the right wing, and not upon the joynt above, and it ought to be eaten with greene Carlike, or with Sorrel, or tender Vines or Verjuys in Summer season after the pleasure of your Sovereigntie: also yee shall understand that all manner of Fowles that have whole feet, should be raised under the wing and not above.

From the Feast of Saint John the Baptist
unto Michaelmas.

In the first course: Pottage, Moris, Gruell and Furmenty, with Venison, and Mortrus, and pestles of Porke, with green sauce, roasted Capon, swan with Chadron. In the second course, pottage after the ordinance of the Cooke, with roasted Gouton, Weale, Porke, Chickens or endoured Pigeons, Hernefemes, Fritters or bakte meates, and take heed of the Fessant, he shall be arrayed in the maner of a Capon, but it shall be done dyre without any mopstare, and he shall be eaten with salt, and powder of Ginger, and the
M³ Herne-

Herneſew ſhall be arrayed in the ſame manner without any moyſture, and hee ſhould be eaten with Salt, and Powder, alſo yee ſhall underſtand that all manner of Fowles having open clawes, as a Capon, ſhall be tired and arraged, as a Capon and ſuch other.

From the Feaſt of Saint Michaell unto the Feaſt of Chriſtmas.

In the firſt courſe poſſage, Beeſe, Mutton, Bacon, peſſles of Porke, or with Goole, Capon, Mallard, Swan or Felant, as it is beſore ſaid, with Tarts or Bakte-meates, or Chines of Porke. In the ſecond courſe, Poſſage, Moxtrus or Conſes or Hew: then roaſt fleſh, Mutton, Porke, Meale, Pullets, Chickens, Pigeons, Teales, Muttons, Mallards, Partrich, Woodcocke, Plover, Wiltorne, Curlew, Herneſew, Menſon roaſt, Great Birds, Sutte, Feldfars, Whynthes, Fritters, Chelwits. Beeſe with ſauce. Celover, roaſt, with ſauce poſſill, and other baked meates as is aforeſaid, and if yee carbe beſore your Lord or your Lady any ſodden fleſh, carbe away the ſkinne aboze, then Carbe reaſonably of the fleſh for your Lord

Lord and Lady, and ſpecially for Ladies, for they will ſoone be angry, for their thoughts be ſoone changed, & ſome Lords will be ſoore pleaſed and ſome not, as they be of complexion. The Goole and ſwan may be cut as yee doe other Fowles that have whole ſeet, or elſe as your Lord or your Lady will have it.

Alſo a ſwan with a Chadron, Capon, or Felant, ought to be arraged, as it is aforeſaid, but the ſkin muſt be had away, and when they have beene carbed beſore your Lord or your Lady, for generally the ſkin of all manner whole footed Fowles, that have their living on the water, their ſkins be wholeſome and cleane, for by cleannesse of water and fiſh is their living, and if they eate any ſinking thing, it is made ſo cleane with the water that all the corruption is cleane gone away from it.

And the ſkinne of a Capon, Henne, or Chicken be not ſo cleane, for they eate ſoule things in the ſtreet, and therefore the ſkinnes be not ſo wholeſome, for it is not their kinde to enter into the River to make their meat hopyd of the filth. Mallard, Goole, or Swan, they eate upon the land ſoule meate, but anon after the kinde

kinde they goe to the river, and there they
clense them of their soule stinke. A Fesant
as it is aforesaid, but the skin is not whol-
some, then take the heads of al field birds,
& wood birds, as Fesant, Peacock, Par-
tridge, Woodcock, Curlew, for they eate in
their degree soule things, as wormes,
loades, and other such.



The second Part of the Sewing of Fish.

The first course,

ID goe to the Sewing of
fish Pascallade, Penewes
in Sew, of Porpos or of
Salmon, bakte Herring
with Sugar, Greene fish,
Pike, Lamprey, Salens, Porpos roasted,
bakte Gurnard, and Lamprey bakte.

The second course.

Gelly whit and red, Dates, in Con-
fect, Conger, Salmon, Dorey, Bzt, Tur-
but, Halibut for Standard, Base, Tront,
Pallet,

Pallet, Chevin, Sole, Celes and Lam-
prey roast, Tench in Gelly.

The third course.

Fresh Sturgeon, Beame, Bearch in
Gelly, a Soule of Salmon, Sturgeon,
Welkes, Apples and Pears, roasted with
Sugar Candy. Figs of Malike and Rat-
fins, Dates capt with minced Ginger,
Masers and Ipocras they bee agreeable:
this Feast being done, voyd ye the Table.

Of the Carving of Fish.

The Carbr of Fish, must see to pea-
son & surmenty, the tayle & the liver,
ye must looke if there be a salt Porpos or
Sole, Turrentine, & doe after the form of
Wenison, baked Herring, and lay it whole
upon your Soberaignes Trencher, white
Herring in a Dish, open it by the backe,
picke out the bones and the row, and see
there be Mustard. Of salt-fish, greene-fish
salt salmon, and Conger, pare away
the skinne: Salt-fish, Stockfish, Mar-
ling, Packrell, and Hake with Butter,
take away the bones and the skinnes: a
Pike, lay the womb upon his Trencher,
with Pike sawce enough, a salt Lamprey,
gebon

gobon it in seven or eight peeces, and lay it to your Sovereigne: a playce, put out the Water, then crosse him with your Knife, cast on Salt, Wine, or Ale. Cur-nard, Rochet, Breame, Chebin, Basse, Pellet, Roch, Bearch, Sole, Packrell, Whitting, Haddocke, and Codling, raise them by the backe, and picke out the bones and cleanse the reset in the belly: Carp, Breame Sole and Trout, back and belly together: Salmon, Conger, Sturgeon, Turbuttrivell, Thornback, Houndfish and Halibut, cut them in the Dishes, the Porpos about, Tench, in his sawce, cut two Celes and Lampreys roast, pull off the skin, pick out the bones, put thereto Vinegar and powder: a Crab, break him asunder in a dish, and make the shell cleane, and put in the Masse againe, temper it with Vinegar and powder them, cover it with bread, and send it into the kitchen to heat, then set it to your Sovereigne, & lay them in a Dish: a Crebis, dight him thus, part him asunder, and slit the belly, and take out the fish, pare away the red skin and mince it thin, put Vinegar in the Dish, and set it on the Table without heating: a Joule of Sturgeon, cut it in thinne moyses, and lay it

it round about the Dish.

Fresh Lamprey bake, open the pastie, then take white bread, and cut it thinne, and lay it in a Dish, and with a spoone take out Gallentine, and lay it upon the bread with Red Wine and powder of Cinamon, then cut a Gobon of the Lamprey, and mince the Gobon thinne, and lay it in the Galentine, then set it on the fire to beate. Fresh-herring with salt and wine, Shrimps well picked, Flounder, Gudgeones, Penewes, and Mussels, Celes, and Lampreys: Sprats is good in saw, Muscalade in woorts, Oysters in saw, Oysters in gravy, Penewes in porpos, Salmon in feele Belly white and red, Creame of Almonds, Dates in Confects, Peares and Quinces in syrrup, with parsley rootes, Portus of houndfish raise standing.

Of the sawces of all Fisha.

Mustard is good for salt Herring, salt fish, salt Conger, Salmon, sparkling, salt Cele, and Ling: Vinegar is good with salt porpos, Turrentine, Salt Sturgeon, Salt Thrillpole, & salt whale, Lamprey with Galentine: Merjayce, to roach, Dace

Dace, Bream, Sole, Dace, Flounders, Salt Crab and Chevine with Powder of Cinamō: to Thornback Herring, Round-fish, Haddock, Whiting, and Cod, Vinegar, Powder of Cinamon and Ginger, green sawce is good with Green-fish and Halibut, Cottell and fresh Turbut: put not your greene sawce away, for it is good with Mustard.

The Chamberlaines Office.

The Chamberlaine must be diligent & cleanelly in his office, with his head combed, and see to his Soueraign, that he be not negligent of himselfe, and see that he have a cleane Shirt, breech, petticoate and doublet, then brush his hosen within, and without, and see his shoone and his slippers be clean and at mozne when your Soberaigne will arise, warm his Shirt by the fire, and see yee have a foot sheet made in this manner. First set a chaire by the fire with a Cushion, another under his feet then spred a Shirt under a chair & see there be ready a Kerchiefe, and a Combe, then warme his petticoat, his Doublet and his stomacher, and then put on his doublet and his stomacher, and then put on his

his hosen and shoone, or slippers, then strike up his hosen mannerly, and tie them up, then button his Doublet hole by hole, & lay a cloath upon his necke and head, then looke ye have a Basen and Cber with warm water, & a towel to wash his hands, then kneel upon your knee and aske your Soberaigne what robe he will weare, and bring him such as he commandeth, and put it upon him, and take your leave mannerly, and goe to the Church or Chappell to your Soberaignes closet, and see there be Carpets and Cushions, and lay down his bookes of Prayers, then draw the Curtaines, and take your leave goodly, and goe to your Soberaignes Chamber, and cast all the cleathes off the bed, and beate the Feather-bed, and the Bolster, but looke ye waste no Feathers, then the blankets, and see the Sheets be faire and sweete, or else looke yee have cleane sheetes, then lay the head sheetes and the pillowes, then take up the Towell and the Basen, and lay Carpets about the bed or in Windows and Cupboord layde with cushions: also looke there be a good fire burning bright, and see if the house of easement be sweet and cleane, and the

the priuy boord covered with greene cloth
and a Cushion, then see there be blanket
doane, or Cotton for your Soberaigne,
and looke yee have a Basen and Cwer
with water, and Towell for your Soberaigne;
then take off his gowne, and bring
him a mantle to keep him from cold, then
bring him to the fire and take off his shoon
and his Hosen, then take a faire Kerchiefe
of reines and combe his head, and put on
his Kerchiefe and his Bonet: then spread
downe his bed, lay the head sheete and
the Pillowes, and when your Soberaigne
is in bed, draw the Curtaines, and see
there be moxter or ware of perchours ready,
then drive out dogges or Cat and looke
there be Basens and Urtnal set neer your
Soberaigne, then take your leave manerly,
that your Soberaigne may take his rest
merrily.

Of the knowledge which is required of
the Marshall and the Vsher.

The Marshall and the Vsher must
know all the Estates of the Land,
and the hight Estates of a King with the
blood Royall.

The

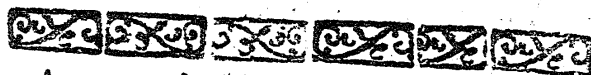
The Estate of a King.
The Estate of a Kings sonne, a Prince.
The Estate of a Duke.
The Estate of a Marquesse.
The Estate of an Earle.
The Estate of a Bishop.
The Estate of a Biconnt.
The Estate of a Baror.
The Estate of the three chief Judges and
the Maior of London.
The Estate of a Knight Bachelor.
The Estate of a Knight, Deane, Archdea-
con.
The Estate of the Master of the Rolles.
The estate of other Justices, and Barons
of Checker.
The Estate of the Maior of Calice.
The Estate of a Doctor of Divinity.
The Estate of the Doctor of both the
Lawes.
The Estate of him that hath beene Maior
of London, and Sergeant of the Law.
The Estate of a Master of the Chancery,
and other Worshipfull Preachers and
Clarkes that be graduable, and all other
orders of chaste persons and Priests, wor-
shipfull Merchants, and Gentlemen, all
these may sit at the Squires Table.

A

A Duke may not keepe the hall but each Estate by themselves in Chamber or in Babilion, that neither see other: Marques, Earles, Bishops and Vicounts, all these may sit at a messe: a Baron and the Mayor of London, and three chiefe Judges, and the Speaker of the Parliaments, all these may sit two or three at a messe: and all other states may sit three or foure at a messe: also the Marshall must understand and know the blood Royall, for some Lord is of the blood Royall, and of small libelthood, and some Knight is wedded unto a Lady of Royall blood, the shall keepe the Estate of her Lords blood, and therefore the Royall blood shall have the Reuerence, as I have shewed you before: also a Marshall must take heed of the birth, and next of the line of the blood Royall: Also he must take heed of the Kings Officers, of the Chancelloz, Steward, Chamberlaine, Treasurer, and Comptroller.

Also, the Marshall must take heed unto strangers, and put them to worship and reuerence, for if they have good cheere it is your Soberaignes honour. Also a Marshall must take heed, if the King send your

your Soberaigne any message, and if hee send a Knight, receiue him as a Baron, and if he send a Peoman, receiue him as a Gentle, and if he send a Groom, receiue him as a Peoman. Also it is no rebuke to a Knight, to set a groom of the Kings at his Table.



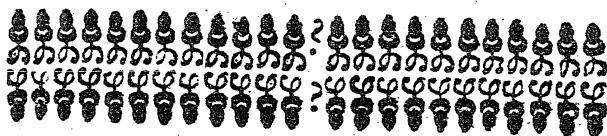
A true and approved Receit, for the right making of the best
Ipocras.

Take of Grains halfe a dragm, take of Cinamon 4. ounces, of Ginger, two ounces, of Nutmegges halfe an ounce, of Cloves and mace of either a quarter of an ounce, bruisse these well in a Mortar, and infuse them in a gallon of white-wine 4. or 5. dayes, the vessell being close stoppt, then put to it a pound of sugar, and a half, when the sugar is dissolved, put to it halfe a pint of Rose-water, and as much milk: let it stand a night, and then let it runne thorow an Ipocras Bagge, then may you put it into a fine new Randlett if you purpose to keepe it, or if you spend it presently, you may put it into certaine pots for the present.

An excellent and much approved receipt,
for a long Consumption.

Take 8. 10. 02. 11. white Snaples, and
breaake away their shells from them,
then put them into a bowle of water for
twelue houres, to cleanse themselves from
their slime, then take them from that wa-
ter, and put them into another bowle of
running water for twelue houers more,
then take them out, and put them into
halfe a pinte of white Wine, and keepe
them in it, twelue houres, then take a
quart of Red Cowes Milke, and put the
Snaples out of the Wine into the Milke,
and boyle the quart of Milke with the
Snaples put into it, untill it be boyled to a
pinte, then put into it one ounce of Cander
Sugar, and so give the sick party the same
to drinke every morning, and at foure of
the clocke in the afternoone, but you must
not let the sick party eate or drinke any
thing else for the space of two houres af-
ter they have taken this Receipt, and with-
out all doubt, this being duly made and
taken accordingly, will with Gods help
resouer the party being very weak and
sick.

farre spent in this long lingering sicknesse
and of my knowledge hath beene often ap-
proved, and is found an excellent Receipt to
cure the same disease.



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for Summer season: fiftie dishes
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